



Jammin' Mocha Shake



Entire recipe: 131 calories, 5g total fat (2.5g sat. fat), 170mg sodium, 11.5g carbs, 2g fiber, 4g sugars, 11.5g protein

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Prep: 5 minutes



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Ingredients

2 tbsp. (1 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
2 tsp. sugar-free French vanilla powdered creamer
2 tsp. unsweetened dark cocoa powder
1 tsp. instant coffee granules
2 packets natural no-calorie sweetener
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
2 tbsp. whipped topping in a can
1 tsp. light chocolate syrup
Optional: 1/4 tsp. [xanthan gum](#)

Directions

In a tall glass, combine protein powder, creamer, cocoa, coffee, and sweetener. (Add xanthan gum, if using.) Add 3 oz. very hot water, and stir to dissolve.

Transfer mixture to a blender. Add almond milk and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the tall glass. Top with whipped topping and chocolate syrup.

MAKES 1 SERVING

HG FYI: The xanthan gum makes shakes thicker and creamier!

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