



Pineapple Cheesecake Protein Shake



Entire recipe (about 16 oz.): 227 calories, 5g total fat (1g sat. fat), 557mg sodium, 31.5g carbs, 3.5g fiber, 23g sugars, 15g protein

Prep: 5 minutes



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Ingredients

- 1 cup frozen pineapple chunks
- 1 cup unsweetened vanilla almond milk
- 1/2 cup low-fat cottage cheese
- 2 packets natural no-calorie sweetener (like Truvia)
- 1/8 tsp. almond extract

Directions

Add all ingredients to a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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