



## Snickers Protein Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 198 calories, 7.5g total fat (2g sat. fat), 240mg sodium, 22g carbs, 4.5g fiber, 9.5g sugars, 13.5g protein

**Prep:** 5 minutes

More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#)

### Ingredients

2 tbsp. powdered peanut butter (like [the kind by PB2](#))  
1 tbsp. unsweetened dark cocoa powder  
1 tbsp. (1/2 scoop) [Tera's Whey Dark Chocolate Whey Protein](#) (or another chocolate protein powder with similar stats)  
2 packets no-calorie sweetener  
1 tsp. mini semi-sweet chocolate chips  
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))  
1/2 cup unsweetened vanilla almond milk  
1/2 tsp. [caramel extract](#) (use vanilla if you don't have caramel)  
1 1/2 cups crushed ice (about 12 ice cubes)  
2 tbsp. whipped topping in a can  
1 tsp. light caramel dip  
1 tsp. light chocolate syrup  
1 tsp. crushed peanuts

### Directions

In a tall glass, combine powdered peanut butter, cocoa powder, protein powder, sweetener, chocolate chips, and xanthan gum. Add 3 oz. very hot water. Stir to dissolve. (It will be thick.)

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

Pour drink into the tall glass. Top with remaining ingredients.

MAKES 1 SERVING

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