



# Key Lime Pie Protein Shake

Shine 365  
Marshfield Clinic

PREP TIME: 5 minutes • SERVINGS: 1

## INGREDIENTS

- 1/2 cup fat-free cottage cheese (can substitute with 6 ounces light vanilla yogurt)
- 1 scoop vanilla whey protein powder
- 1 tablespoon lime juice (fresh or bottled)
- 5-10 ice cubes (use less for a thinner consistency)
- 1 cup water (alter according to desired consistency)
- 4 packets of Stevia (or 1 teaspoon sweetener of choice)
- 2 to 3 drops green food coloring, or a handful of spinach to make it green
- Optional: 1 graham cracker, crushed into crumbs

## INSTRUCTIONS

Using a blender, blend all ingredients together until creamy.

## NUTRITION INFORMATION

Each serving contains about 180 calories, 36 g protein, 7 g carbohydrates, 0 g fat, 4 g sugar, 0 g fiber.