

# Candy Cane Shake

## Ingredients

- 3/4 cup low fat milk
- 3 tbsp. vanilla protein powder
- 1/4 tsp peppermint extract
- 1 1/4 cups crushed ice
- 1 packet no-calorie sweetener

Optional topping: light whipped cream, sprinkles, candy cane

## Directions

1. Place all ingredients in a blender, blend to desired consistency
2. Top with optional toppings, and enjoy!

