

Peak Frozen Treat

Thick like a milkshake. Light like a snack. Your ice cream alternative.

~290
calories

~40g
protein

30 sec
blend

INGREDIENTS

Frozen strawberries	1 cup
Plain Greek yogurt	½ cup
Vanilla protein powder	1 scoop
Fat-free milk	½ cup
Fat-free whipped topping (optional)	

METHOD

1. Drop everything in the blender.
2. Blend ~30 seconds. It'll be thick.