

Faux Starbucks Frappuccino

Makes 1 serving

1 low carb vanilla protein shake (like Atkins Advantage or EAS AdvantEdge)

2 cups crushed ice

2 tablespoons sugar free caramel syrup (like DaVinci brand)

1 1/2 teaspoons instant coffee

1 pkg artificial sweetener (optional)

Add all ingredients to a blender. Mix on HIGH speed until thick and frothy. Garnish with 1 tablespoon whipped topping if desired and enjoy!

Total Carbs: 2 grams