

German Chocolate Cake Smoothie

Makes 1 Smoothie

1 scoop Chocolate Truffle/Chocolate Protein Powder
8 oz water
1 tablespoon light cream
2 teaspoons Sugar Free Coconut Syrup (Torani or DaVinci)
1 teaspoon unsweetened cocoa powder
1 packet Splenda or Equal if desired
6-8 ice cubes

Blend all ingredients in a smoothie maker or blender. Blend until smooth and creamy!

Total Carbs: about 6 grams