



## **Nada Colada Protein Shake**

### **Ingredients:**

- 2 scoops vanilla protein powder
- 1/2 cup pineapple-orange juice\*
- 1/4 tsp rum extract
- 1/4 tsp coconut extract (or 2 tbsp shredded coconut)
- 1 packet artificial sweetener
- 4 oz water (or low-fat milk)
- 3-6 ice cubes

Low-carb version: Omit juice and use 1/2 tsp sugar-free pineapple-orange drink mix (dry). Increase water or milk to 8 oz.

### **Directions:**

Add all ingredients to blender, whip, and serve.

### **Nutritional Information:**

For added ingredients (excludes protein powder & use of milk)

Calories - 61

Carbohydrates - 15g

Protein - 0g

Fat - 1g

Fiber - 0g