

## Peppermint Chocolate Chip Milkshake / Protein Shake

From Joy In Our Journey.com

Serves 2...and takes 2-3 minutes to make!

- $\frac{3}{4}$  cup **2% cottage cheese** (*I prefer using the natural versions of cottage cheese, like Daisy brand*)
- **15-20 cubes of ice**, depending on how thick you like your milkshakes/protein shakes
- **1½ cups unsweetened almond milk**
- **1-2 scoops low-carb vanilla whey protein powder** (*I use Swanson Premium Vanilla Whey Protein Powder*)
- **2 tsp. vanilla extract**
- **$\frac{1}{2}$  tsp. peppermint extract or 1-3 drops food grade peppermint essential oil**
- **$\frac{1}{4}$  tsp. (or to taste) Celtic sea salt or Redmond RealSalt**
- **2-3 Tbsp. non-GMO erythritol** (*or xylitol or Truvia*) **plus stevia extract to taste** (*I usually open three of the smallest holes in the lid and add 2-3 small shakes of stevia extract to my protein shakes*)
- **$\frac{1}{4}$  tsp. glucomannan** (*helps with weight loss and is a natural thickener*) or **xanthan gum** (*both are optional and help with milkshake consistency*)
- **1 tsp. chocolate extract** (*or 1 oz. 90% chocolate*)\*



Combine all ingredients into blender and mix well until thick and creamy. Taste and add additional ice cubes, salt, sweetener, or peppermint extract as desired. Top with real whipped cream and small amounts of shaved 90% chocolate, if desired. Serve immediately.

*\*(If you want a true "chocolate chip" style milkshake or protein shake, you'll probably want to use the 90% chocolate added in at the end of the blending time. Chocolate extract is very simple to make, though, or you can purchase your own, to make this a true, no-sugar-added protein shake.*

**For the Trim Healthy Mama lifestyle eating plan, this protein shake is a Fuel Pull.**

