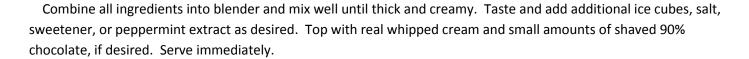
Peppermint Chocolate Chip Milkshake / Protein Shake

From Joy In Our Journey.com

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

- ¾ 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
- ½ tsp. peppermint extract or 1-3 drops food grade peppermint essential oil
- ¼ 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)
- ¼ 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)*



*(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.



