

Strawberry Cheesecake Pudding Protein Shake

submitted by devook



Per serving: 236 Calories • 18.9g Carbs (1.5g Fiber) • 1.7g Fat • 36g Protein

Ingredients

Ingredients scaled to: 2 serving

8 oz **Nonfat greek yogurt** (227 grams)

1 1/2 cup **Ice cubes** (356 grams)

1 cup **Water** (237 grams)

7 oz **Sugar Free Fat Free Pudding Cheesecake Flavor** (198 grams)

2 scoop (30g) **Whey protein powder** (60 grams)

1 cup, halves **Strawberries** (152 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!