

LOW IMPACT CARB VANILLA

INGREDIENTS

- 8 oz Water
- 2 Scoops PROTEINBLITZ Vanilla Crème
- 1 tbs psyllium fiber
- 2 packets Splenda
- 2 tbs vanilla extract
- 3 tbs heavy whipping cream

DIRECTIONS

Combine all ingredients into blender and blend until smooth.

60g	387	18g	20g	3g	9g
PROTEIN	CALORIES	FAT	CARBS	SUGAR	FIBER

PER SERVING

PROTEINBLITZ flavor in this recipe:
VANILLA CRÈME

