



## Chilla In Vanilla Milkshake



16 oz. w/ whipped topping (entire shake): 155 calories, 2.5g total fat (1g sat. fat), 108mg sodium, 28.5g carbs, 3g fiber, 16g sugars, 6g protein

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**Prep:** 5 minutes



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## Ingredients

1/2 cup fat-free vanilla ice cream  
1/2 cup light vanilla soymilk  
1/2 tbsp. sugar-free French Vanilla powdered creamer  
2 no-calorie sweetener packets  
1/8 tsp. vanilla extract  
1 cup crushed ice or 5 - 7 ice cubes  
2 tbsp. Fat Free Reddi-wip  
Optional: maraschino cherry

## Directions

Place powdered creamer in a small dish, and add 1/2 tbsp. very hot water. Stir until powder dissolves, and then transfer mixture to a blender.

Add all other ingredients except the Reddi-wip to the blender. Blend at high speed until completely mixed. Pour into your favorite glass and top with Reddi-wip. If you like, finish it off with a cherry!

### MAKES 1 SERVING

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