

VANILLA BIRTHDAY CAKE SHAKE



INGREDIENTS:

- 1 scoop Birthday Bliss Glam Pro
- 4 oz frozen banana (1 medium)
- 2 tbsp oats
- 1 tsp vanilla extract (optional, but cuts the “banana” flavor)
- 1/2 cup unsweetened vanilla almond or coconut milk
- 1 tsp sprinkles
- 2 tbsp coconut whipped topping

DIRECTIONS:

1. Blend all ingredients together in a blender except for whipped topping and sprinkles until smooth and creamy
2. Add most of the sprinkles and pulse the blender just a few times to mix them in
3. Pour into a glass
4. Top with whipped topping and remaining sprinkles
Enjoy!

Makes 1 Shake

Calories: 240 | Protein: 17 g | Carb: 40 g | Fat: 3 g | Fiber: 5