



High Protein Chocolate Frosty

Description

Give this recipe a try and enjoy a guilt-free frosty any time.

- Prep: 5 min
- Cook: 5 min
- Total: 10 minutes

Ingredients

- 1 frozen medium banana, *just ripe at frozen (overly ripe bananas will create a stronger banana taste)
- 8 ice cubes
- 2 scoops chocolate protein powder
- 2 tbsp cocoa powder
- 1 tbsp chia seeds
- 1/4 cup cottage cheese
- 1 cup milk
- splash vanillani

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Instructions

1. In a high powdered blender, add ingredients in order as listed. Blend until completely smooth, scraping down sides as needed. Use toggle on blender to press down ingredients to make smooth without using more liquid, but add more as desired.
2. Pour into two glasses and add two straws. Enjoy!

Storing Leftovers

This recipe makes two servings, but you can easily double or triple the ingredients to make more. If you have any leftover frosty, store it in an airtight container in the freezer for up to a week.

When ready to enjoy, let it thaw for a few minutes before blending again for a smooth texture.

WHAT CAN I USE IN PLACE OF COTTAGE CHEESE?

Greek yogurt is a great substitute for cottage cheese in this protein chocolate frosty recipe. For a creamier texture, you can also try using silken tofu or avocado. Just keep in mind that it may alter the taste slightly.

CAN I MAKE THIS WENDY’S FROSTY EVEN THICKER?

For a thicker frosty, use less milk or add more ice cubes.

HOW CAN I ADD MORE PROTEIN?

Try adding a scoop of peanut butter or almond butter to the mix for some extra protein.

Nutrition Facts

Serving Size 1 smoothie

Serves 2

Amount Per Serving	
Calories	263
% Daily Value*	
Total Fat 4g	5%
Cholesterol 9.3mg	3%
Sodium 252.5mg	11%
Total Carbohydrate 35.1g	13%
Sugars 15g	
Protein 26.4g	53%
Vitamin A30%Vitamin C17%	

Category

1. High Protein Recipes

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