

# Lucky Charms Smoothie

*Recipe makes 1 serving*

## Ingredients

- 6-8 Ice Cubes (100-150g)
- 1 cup Fat Free Fairlife Milk
- 1 cup Lucky Charms
- 3/4 cup Light Vanilla Greek Yogurt



## Instructions

1. Add all of your ingredients into a blender and blend until you reach your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!

## Nutrition Profile

*- per serving -*

**Calories - 310**  
**Fat - 2g**  
**Carbohydrates - 46g**  
**Protein - 30g**  
**\*Fiber - 2g**

# **Notes**

- ***There isn't much to this smoothie and it's pretty low calorie. It makes a great snack, dessert, or post-workout shake.***