

# Creamy Key Lime Shake

## Prep Time

5 minutes

## Yields

2 to 3 cups

## Ingredients

Juice from 1 lime (about 2 tablespoons); can be a key lime but they are smaller, so you may need juice from 2 of those-or use any old lime

7 fresh spinach leaves or 1 tablespoon frozen spinach

1/2 cup unsweetened almond milk or cashew milk

1/4 cup water

1/2 cup 1% cottage cheese

1 rounded tablespoon 1/3 less fat cream cheese

1 tablespoon heavy cream

sweetener of your choice

1 1/2 to 2 cups ice cubes

1/2 scoop protein powder

1/4 teaspoon glucomannan (optional)

2 drops pure essential lime oil, or 1/2 teaspoon lime extract (really makes this drink more amazing to include the lime oil)

## Directions

1. Place the lime juice, spinach, almond milk, and water in a blender and spin until a smooth puree with no spinach bits floating around.
2. Add all the other ingredients and blend very well.

## Notes

I have made this without the cheese and cream and just added extra protein powder and half of an avocado and it is very refreshing.

## Credit

Trim Healthy Mama Cookbook