White Chocolate Key Lime Delight

JT's favorite dessert is my homemade white chocolate key lime pie. So naturally, as he is becoming stricter with his nutrition the idea stuck me to re-create his favorite dessert into the perfect summer protein treat. I am happy to report that the idea turned out more delicious than I could have imagined! One helpful tip is to keep some frozen bananas on hand for your protein shakes. I usually peel and slice a bunch of bananas and freeze them (one banana per bag) for recipes such as this. ENJOY!

Ingredients
2 Scoops of Vanilla Protein Powder
Zest from 1 Lime
3 TB Lime Juice
1 ½ tsp of Sugar Free White Chocolate Instant Pudding Mix
1 Frozen Banana (peeled and sliced)
½ Cup of Cottage Cheese
1 Cup of Spinach
1 ½ Cup Unsweetened Almond Milk
6-7 ice cubes
3 Packet of Splenda or 2 TB of Baking Splenda

Directions
1. Combine all ingredients in a blender.

2. Blend on high for one minute. Add milk if needed to thin the shake and Splenda to sweeten. ENJOY!