

# Cookies and Ice Cream Shake

## Ingredients

(Makes one serving)

½ cup vanilla soymilk

½ cup fat-free vanilla ice cream

½ pack of 100 calorie packs Oreo Thin Crisps

or 3 chocolate graham cracker segments (¾ sheet)

1 teaspoon Coffee-mate fat free French vanilla powdered creamer,  
dissolved in 2 Tablespoons warm water

2 no-calorie sweetener packets

4 ice cubes or ½ cup crushed ice

Optional: ½ frozen banana (will make it creamier)

Optional topping: Fat-free Redi-Whip

## Mise en place! (Everything in its place)

### Directions

1. Place all ingredients in blender.
2. Blend on high 45-60 seconds until mixed thoroughly.
3. Add topping and enjoy! Yummmmm!

[Link to Video](#)