

www.KittysLighterWeigh.com

Almond Milkshake

Totals for one 16 oz shake:

Calories 200 Fat 0g Fiber 0g Carbs 28

What you'll need:

- 2 Teaspoons Almond Extract
- 3 Packets artificial sweetener (or to taste – start with one then add to taste)
- 1 ½ Cups Fat Free Milk poured into an ice tray and frozen overnight
- ¾ Cup Fat Free milk

Toasted almond slices (Optional)

Blender

Let's get to cooking!

1. Pour ¾ cup fat free milk into your blender.
2. Add the frozen milk from the ice tray, one cube at a time until thick. (A hint here – place the ice tray in a pan of hot water that is ½ inch high. This will loosen up the frozen milk)
3. Blend until creamy. Add vanilla and artificial sweetener. Blend again. This gets VERY thick so takes a minute or two.
4. Pour into a large glass and PLEASE add a straw. A lot of the enjoyment of food is in the presentation. This feels more decadent when you drink it from a straw just like you do when you get a shake from a fast food joint!

OPTIONAL:

You can add 1/3 cup All Bran bran buds and give it a real crunchiness. The Bran Buds don't lose their crunch for a long time so no soggy stuff here.

Adding chopped strawberries is great and hardly any calories to count. Actually, adding any fruit is really great and makes it even heartier! Add some blueberries and chopped strawberries and you have a great shake for the Fourth of July! **What a good excuse to drink a milk shake – for my country! YUM!**

And there are sugar free and fat free cookies and candies that can be blended in to make a shake like you get at one of those drive-in places. BUT be careful. This is low calorie and the only way to keep it that way is to count what you add in for your total calories.

Loving milkshakes inspired this **Kitty's Lighter Weigh** recipe!