
Pina Colada Icee

5 net carbs per serving.



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Servings: 4

- 1 1/2 c heavy whipping cream
- 2/3 c pineapple, crushed
- 2 scoop vanilla protein powder (optional but fills out the colada nicely)
- 1/2 tsp coconut extract
- 2 c crushed ice

DIRECTIONS

Very Simple: Mix all ingredients in a blender on high speed.

For variations, try with unsweetened shredded coconut, or fresh raspberries, blueberries, blackberries or strawberries.

Per Serving: 423 Calories; 30g Fat (68.4% calories from fat); 25g Protein; 6g Carbohydrate; 1g Dietary Fiber.

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