

Chocolate Chip Cookie Shake

THM-Friendly: S

- 1 cup unsweetened nut milk
- 1/4 cup cottage cheese
- 2 Tbsp. unflavored Pristine Whey Protein
- 1/4 tsp. butter extract
- 1/4 tsp. maple extract
- 1/4 tsp. vanilla extract
- 1/4 tsp. blackstrap molasses
- a pinch of mineral salt
- 1 Tbsp. THM Super Sweet
- 1 small zucchini (or yellow summer squash. If using zucchini, I prefer to peel it, but it is not necessary.)
- 2 Tbsp. stevia-sweetened chocolate chips
- 1.5 cups of ice

Add everything except the chocolate chips to the blender and blend until perfectly smooth. Add chocolate chips and blend for another 10-20 seconds until they are small enough to fit through a straw, but are still “chips”.

enJOY!

