

Frosted Lemonade

Recipe from RAMC Dietitians

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Ingredients:

1 cup crushed ice

1/3 cup low fat cottage cheese

½ cup unsweetened almond milk

3 T lemon juice

½ scoop of whey protein powder

Sugar-free sweetener to taste

Dash of vanilla and salt

Instructions:

1. Blend all ingredients together until smooth. Adjust sweetener and ice as needed for desired taste and texture.
2. Enjoy!

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories	199
% Daily Value *	
Total Fat	4 g 6 %
Saturated Fat	2 g 9 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	42 mg 14 %
Sodium	413 mg 17 %
Potassium	476 mg 14 %
Total Carbohydrate	23 g 8 %
Dietary Fiber	1 g 2 %
Sugars	3 g
Protein	23 g 45 %
Vitamin A	5 %
Vitamin C	162 %
Calcium	33 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



Surgical Weight Loss at RAMC Specialty Group