



Fruity Hoops Shake



Developed by Hungry Girl; brought to you by [Devotion Nutrition!](#)

Entire recipe (about 24 oz.): 105 calories, 1.5g total fat (1g sat. fat), 200mg sodium, 6.5g carbs, 2g fiber, 0.5g sugars, 20g protein

Prep: 5 minutes



Ingredients

- 1 scoop (or 1 packet) [Devotion Nutrition Angel Food Cake protein powder](#)
- 1 packet [Fruity Hoops Cereal Flex Flavors](#)
- 1 1/4 cups crushed ice (about 10 ice cubes)

Directions

Place all ingredients in a blender. Add 1 cup water. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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