

## Key Lime Pie Shake

### Ingredients:

1/2 cup light vanilla soymilk, cold  
1/4 cup fat-free vanilla ice cream  
2 tablespoons canned crushed pineapple in juice  
2 tablespoons sugar-free calorie-free vanilla syrup  
1 tablespoon lime juice  
1 no-calorie sweetener packet  
3/4 cup crushed ice or 4-6 ice cubes  
2 tablespoons of fat free reddy-wip  
1/4 sheet (1 cracker) low fat honey graham crackers, crushed

### Directions:

Combine soymilk, ice cream, pineapple, vanilla syrup, lime juice, sweetener, and ice in a blender. Blend on high speed for 30 to 45 seconds.

Pour shake into a glass and top with Reddi-Whip. Finish it off with the crushed graham cracker.

Makes one serving.

Only 124 calories, 1.25 grams of fat and 4.5 grams of fiber!!!