

CHOCOLATE PEANUT BUTTER SHAKE (ANYTIME)

PRELUDE

This shake is a great one to satiate a sweet tooth, without getting a big dose of fats and sugars together. Instead, a healthy dose of protein and monounsaturated fats are provided in a nice frosty package.

INGREDIENTS

1 cup Carb Countdown Dairy Beverage,
Chocolate 2%

1/2 cup 2% cottage cheese

2 tbsp natural peanut butter

1.5 cup ice

Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

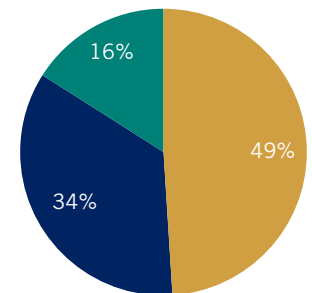
Servings – 1

INSTRUCTIONS

Add all of the ingredients to a blender and process on medium to high for 30 seconds, until smooth and creamy.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	402
Protein (g)	35
Carbohydrates (g)	17
fiber (g)	3
sugars (g)	8
Fat (g)	23
SFA (g)	7
MUFA (g)	9
PUFA (g)	6
omega-3 (g)	0.02
omega-6 (g)	4.6



Protein
 Carbs
 Fats