

Kill Cravings Peanut Butter Cup Protein Shake



The Kill Cravings Peanut Butter Cup Protein Shake will fill you up without filling you out. Switch the craving switch off and keep you feeling fuller.

NUTRITIONAL INFO

Calories: 180

Fat: 2 grams

Carbs: 15 grams

Fiber: 1 gram

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½ cup) Water
- Handful of ice
- (½ tbsp.) PB2 or other powdered peanut butter