

Nutter Butter Pie



Ingredients:

- (½ cup) Melt-fat milk (stir together 2 scoops LynFit Vanilla Protein Shake with 1/3 cup water)
- (¼ cup) LynFit Vanilla Complete Protein
- (2 tbsp.) Peanut Butter

**Make individual servings for better portion control*

This is my family's favorite dessert. It's rich, decadent, and only has three ingredients. You can make this with any kind of nut butter. Our favorite is peanut butter. Delicious hot or cold.

NUTRITIONAL INFO

Calories: 167

Fat: 4 grams

Carbs: 13.3 grams

Fiber: .7 grams

Protein: 18.7 metabolic boosting grams

Servings: 3 per recipe

Directions:

- Preheat oven to 350° F.
- Beat all ingredients together for 5 minutes or until mixture begins to thicken
- Spray muffin pan with nonstick cooking spray
- Spray loaf pan with spray oil and transfer mixture to pan
- Pour mixture in and cook for 15 minutes