

Peanut Butter Shake Recipe

<https://brickhousenutrition.com/blogs/articles/peanut-butter-shake-recipe>

Peanut Butter Chocolate Shake

Does anything go better together than peanut butter and chocolate? How about peanut butter, chocolate and getting in a full serving of veggies!

Prep Time: 5 mins Servings: 1

What You'll Need:

Chocolate Protein Powder 1 Scoop

Banana 1/2 banana

Almond Milk 1/2 Cup

Peanut Butter 1 1/2 Tbsp

Crushed Ice 1/2 Cup

Field of Greens 1 Scoop

Follow These Simple Steps:

1. Place all the ingredients into a blender
2. Blend until smooth
3. Enjoy!

NOTES:

Not a peanut butter fan? Try a different nut butter like cashew, almond, or sunflower seed butter.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: **344**

Based on an average chocolate protein powder

Protein	32g
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Fat	14g
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Carbohydrates	28g
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Sodium	170mg
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LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!