



## **Peanut Brittle Protein Shake**

### **Ingredients:**

- 2 scoops vanilla protein
- 1 tbsp sugar-free instant butterscotch pudding mix, dry
- 1 tbsp natural peanut butter, chunky
- 8 oz cold water or lowfat milk
- 3-6 ice cubes

### **Directions:**

Add all ingredients to blender, blend, and serve. I like to add the peanut butter in last so it stays a little chunky, just like the peanut brittle it is replacing.

### **Nutritional Information:**

For added ingredients (excludes protein powder & use of milk)

*Per Serving:*

Calories - 108

Carbs - 6 g

Protein - 4g

Fat - 8 g

Fiber - 1g