



The Peanut Butter and Jelly Shake

Ingredients

- 3 scoops Clutch Sculpt Lean Physique Protein Powder
- 2 cups ice
- 4 oz vanilla unsweetened almond milk
- 1/3 banana
- 1/2 cup frozen mixed berries
- 1-2 tbsp organic peanut butter

Nutrition Facts

(Recipe yields 1 shake)

Calories: 321

Fat: 10 g

Carbs: 34 g

Protein: 27 g

