



Peanut Butter Banana Smoothie

Ingredients

- MuscleTech Lab Series Triple Chocolate Brownie protein 2 scoops
- Banana 1 medium
- Peanut butter 1 tbsp
- Vanilla almond milk (unsweetened) 12 oz.
- Ice as desired
- Fat-free whipped cream as desired



Directions

1. Place all ingredients except the whipped cream in a blender and blend.
2. Top with whipped cream and serve.

Nutrition Facts

Serving size: 1 shake

Recipe yields 1 shake

Calories 481

Fat 13 g

Carbs 34 g

Protein 57 g