



## **Choconut Peanut Butter Dream**

### Ingredients:

2% Greek yogurt 1/2 cup  
2% milk 1 cup  
Chocolate whey protein 1-1/2 scoops  
Peanut butter 2 tbsp  
Coconut oil 1 tbsp  
Bananas, frozen 2 large  
Water 1/2 cup

### Directions:

1. Add liquids to the blender.
2. Add remaining ingredients and blend on high for 30-60 seconds.

### Nutrition Facts:

Serving size: 1 smoothie  
Recipe yields 1 serving  
Calories 979  
Fat 39 g  
Carbs 82 g  
Protein 64 g