



Sludge

Ingredients

Protein powder, 1 scoop

Creamy peanut butter 2 tbsp

Directions

1. Add peanut butter to a microwave-safe bowl. Heat on high for 15-20 seconds or until melted.
2. Add protein powder and slowly mix. Be patient. Add small amounts of water as necessary until it attains a pudding-like consistency.

Nutrition Facts

Serving size: 1 bowl

Recipe yields 1 serving

Calories 320

Fat 18 g

Carbs 11 g

Protein 32 g