



JNL'S Fitness Model™ Chocolate Peanut Butter Protein Shake

Ingredients

12 oz cold water
1 scoop BSN Lean Dessert Chocolate Protein Powder
1 tbsp natural peanut butter
6 ice cubes

Directions

Pour water into blender, add protein and blend on medium for 15 seconds.
Add peanut butter and blend for 30 more seconds.
Add ice cubes and blend on high speed until smooth (about 30 more seconds).
Drink up!