



PB&J Protein Smoothie

Ingredients

1 scoop Optimum Nutrition Gold Standard 100% Whey Vanilla Ice Cream
1 cup almond milk (unsweetened)
1 tbsp peanut butter
2 tsp raspberry preserves (Stevia sweetened)
1/4 cup raspberries
1/4 cup black berries
1 cup ice

Directions

1. Blend all ingredients together.
2. Enjoy your super shake!

Nutrition Facts

Serving size: 1 shake
Recipe yields: 1 serving
Calories: 347
Total Fat: 9.5 g
Total Carbs: 38 g
Protein: 32 g