



Chocolate Peanut Butter Dream

2 scoops Pre & Post Workout Creamy Chocolate
2 tbsp of Peanut Butter
1¹/₂ cups nonfat or 2% milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	566
Fat (g)	21
Saturated Fat (g)	5
Cholesterol (mg)	42
Sodium (mg)	470
Carbohydrate (g)	60
Fiber (g)	5
Protein (g)	40
Calcium (mg)	774

With 2% milk

Calories	613
Fat (g)	27
Saturated Fat (g)	9
Cholesterol (mg)	64
Sodium (mg)	425
Carbohydrate (g)	59
Fiber (g)	5
Protein (g)	39
Calcium (mg)	728

