

SERVINGS: 1

PREPPING TIME: 5 MIN

INGREDIENTS

DIRECTIONS

- 1 scoop (31g) Vanilla
 Protein Powder
- 1 Tbsp (5g)

Unsweetened Cocoa

- 1 Tbsp (6g) Powdered Peanut Butter
- 2 servings (14g) Sugar
 Free Butterscotch
 Pudding Mix
- ½ C (120mL) Unsweetened Almond

Milk

 6-8 Ice Cubes (adjust to desired consistency)

1. Blend it up and enjoy!

NOTES

Macros: 211 Calories, 27g of Protein, 19g of Carbs, 3g of Fat, 4