



Chocolate Peanut Butter Dream

2 scoops WheySmooth Chocolate Crème
2 tbsp of Peanut Butter
1¹/₂ cup nonfat milk 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)	22
Saturated Fat (g)	6
Cholesterol (mg)	92
Sodium (mg)	430
Carbohydrate (g)	37
Fiber (g)	5
Protein (g)	60
Calcium (mg)	774

With 2% milk

Calories	613
Fat (g)	29
Saturated Fat (g)	10
Cholesterol (mg)	114
Sodium (mg)	385
Carbohydrate (g)	36
Fiber (g)	5
Protein (g)	59
Calcium (mg)	728

