

PROTEIN PACKED PEANUT BUTTER CHOCOLATE SMOOTHIE



VantageWellness.com

Ingredients

Yields: 1 serving

- 1 c lite chocolate soy/almond milk
- 1-2 frozen bananas
- 1-2 all natural sugar substitute packets
- 1 tbsp peanut butter

Directions

1. Put frozen bananas and the rest of the ingredients in blender and mix until smooth. Must use frozen bananas or the consistency will not be desirable.

Tip: Great for breakfast, substitute ice for second banana and decrease calories of smoothie by 100 and decrease carbohydrates by 30 grams.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
10 oz	395	10 g	10 g	72 g	152 mg

Carbohydrate Exchanges: 5

Not a recommended food combination for diabetics