Creamy Peanut Butter Power Shake

A low-carb, high-protein smoothie packed with peanut butter and almond milk for muscle fuel and weight loss support.

Servings: 2 **Time:** 5 minutes

Ingredients

- 2 tbsp natural peanut butter
- 1 scoop vanilla or chocolate protein powder
- 1 cup unsweetened almond milk
- 1/2 cup ice cubes

Instructions

1. Add peanut butter, protein powder, almond milk, and ice into a blender.
2. Blend on high until smooth and creamy.
3. Pour into two glasses and serve immediately.

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