Power-Packed Peanut Butter Protein Shake

A creamy, low-carb smoothie blending peanut butter and protein for muscle fuel and weight loss support.

Servings: 2 **Time:** 5 minutes

Ingredients

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

Instructions

1. Add peanut butter, protein powder, and unsweetened almond milk to a blender.
2. Blend on medium speed until smooth.
3. Add the ice and blend again until the smoothie is thick and chilled.
4. Pour into two glasses and serve immediately.

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