Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com

Chocolate Peanut Butter Shake

Directions: Add 8 oz (240 mL) cold water or to the desired flavor. Stir or shake vigorously to mix well and enjoy!

Ingredients: whole milk powder, peanut butter powder, Carnation Breakfast Essentials chocolate powder

Nutrition: 620 kcal (129 kcal/oz), 39 g protein, 63 g carbohydrate, 6 g fiber, 45 g total sugar, 13 g added sugar, 23 g fat, 400 mg sodium

Net weight: 4.8 oz | 136 g **Expiration Date:** _____

backcountryfoodie.com