

Peanut Butter Protein Shake

Directions: Add 8 oz (240 mL) of cold water and stir or shake vigorously to mix well. Let stand up to 15 minutes allowing the chia seeds to soften. Stir to mix well and enjoy!

Ingredients: old fashioned oats, whole milk powder, peanut butter powder, cocoa powder, brown sugar, chia seeds

Nutrition: 677 kcal (124 cal/oz), 40 g protein, 70 g carbohydrate, 14 g fiber, 44 g total sugar, 17 g added sugar, 28 g fat, 574 mg sodium

Expiration Date: _____

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