



## Chocolate and Peanut Butter Smoothie (Dairy Free, Vegan)

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

204.1 calories, 7.13 g carbohydrate, 2.96 g fiber, 4.17 g NET carbs, 28.01 g protein, 8.56 g fat

### Ingredients

- 1 scoop Jay Robb's Chocolate Sprouted Brown Rice Protein Powder
- 1 cup spring or filtered water
- 1 Tbsp organic peanut butter, smooth and salted

### Preparation

1. Add all ingredients plus 2-3 ice cubes in a blender or Magic Bullet.
2. Blend until smooth. Serve.

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