



PROTEIN-PACKED PEANUT BUTTER CUP

INGREDIENTS

- ½ cup skim milk
- 1 frozen banana
- 1 cup cauliflower
- ¼ cup plain, nonfat Greek yogurt
- 2 teaspoons cocoa powder
- 1 TBSP peanut butter
- 1 TBSP honey
- ¾ scoop chocolate protein powder



DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.

Protein Packed Peanut Butter Cup Smoothie		
Nutrition Facts		
Serving Size	1 × 16 oz. Smoothie	
Amount Per Serving		
Calories	471	
	% Daily Value*	
Total Fat	10.3 g	13 %
Saturated Fat	2.2 g	11 %
Trans Fat	0 g	
Cholesterol	28 mg	9 %
Sodium	203 mg	9 %
Total Carbohydrate	66.6 g	24 %
Dietary Fiber	8.8 g	31 %
Total Sugars	44.6 g	
Added Sugars	17.4 g	35 %
Protein	37 g	
Vitamin D	1.4 mcg	7 %
Calcium	371.9 mg	29 %
Iron	1.9 mg	11 %
Potassium	1234.2 mg	26 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

