

Peanut Butter & Jelly Sandwich Shake

INGREDIENTS:

2 scoops Vanilla Cinch Shake Mix
2 tsp Reduced fat, creamy style peanut butter
2 tsp Strawberry 100% fruit spread
8 oz. Non fat milk or low fat soy milk
4-6 ea. Ice cubes

DIRECTIONS:

Mix Vanilla Shake Mix powder with peanut butter, fruit spread and 8 oz of nonfat milk or soy milk into a blender and blend until smooth and creamy. Add 4-6 cubes of ice, blend until frothy. Pour shake into a tall glass and serve.

Makes 1 servings. Serving size is 8 oz
Calories: 356 serving

NUTRITIONAL INFORMATION PER SERVING:

26 g protein
49 g carbohydrates
7 g fat
179 mg sodium
0 mg cholesterol
6 g fiber

Note: The addition of peanut butter is equivalent to approximately 1 serving of fat in your meal plan.