

Cherry Vanilla Peanut Butter Shake

Instructions

1. Place all ingredients in a high-speed blender.
2. Blend until smooth and enjoy!

Ingredients

- 6-8 ice cubes
- ½ cup (overflowing) frozen dark cherries (pitted)
- 1 cup unsweetened vanilla almond milk
- 1 serving of vanilla protein powder
- 1 tbsp PBfit peanut butter powder OR regular peanut butter
- 1 tsp chia seeds
- Optional: 1 tsp cocoa powder

Grocery List

- Frozen dark cherries (pitted)
- Unsweetened vanilla almond milk
- Vanilla protein powder
- PBfit peanut butter powder OR regular peanut butter
- Chia seeds
- Cocoa powder (optional)

Source: [Mom Strong](#)