

# Cherry Vanilla Peanut Butter Shake

## Cooking Instructions

1. Mix in a high-speed blender until smooth.

## Recipe

- 6-8 ice cubes
- ½ (overflowing) cup frozen dark cherries (pitted)
- 1 cup unsweetened vanilla almond milk
- 1 serving vanilla protein powder
- 1 tablespoon PBfit peanut butter powder OR regular peanut butter
- 1 teaspoon chia seeds
- Optional: 1 teaspoon cocoa powder if you want to add chocolate to the mix

## 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

## Source:

<http://www.momstrongutah.com/blog-1/2018/8/7/cherry-vanilla-pb-shake>