

IDEAL PROTEIN PEANUT BUTTER VANILLA SMOOTHIE



INGREDIENTS

ITEM

Ideal Protein Peanut Butter Bar
Ideal Protein Vanilla Smoothie Mix
Water
Ice cubes (Optional)
Sugar-free sweetener (stevia or monk fruit), Optional

QUANTITY

1
1 Packet
1 Cup
To Taste



PREPARATION

- Start by unwrapping the Ideal Protein Peanut Butter Bar and breaking it into smaller pieces.
- In a blender or shaker bottle, combine the broken Peanut Butter Bar pieces with the packet of Ideal Protein Vanilla Smoothie Mix.
- Add 1 cup of water to the blender or shaker bottle.
- If desired, you can also add some ice cubes to the blender to make the smoothie colder and more refreshing.
- Blend or shake the mixture until all the ingredients are well combined and the smoothie reaches your desired consistency.
- Taste the smoothie and if you prefer it sweeter, you can add a sugar-free sweetener like stevia or monk fruit to taste.
- Pour the IP Peanut Butter Vanilla Smoothie into a glass and enjoy!