

Peanut Butter Cup 'Shake'

Fetch This:

- ¾ c. unsweetened vanilla almond milk (can use unsweetened original)
- ¼ c. 1% cottage cheese
- 1 T. coconut oil (optional)
- 3 - 4 T. truvia (or sweetener of choice)
- dash of salt
- ½ - 1 t. xanthan gum
- 2 T. all-natural peanut butter
- 1 heaping T. cocoa powder
- ¼ c. boiling water
- 6-8 ice cubes

Do This:

1. Add everything except water and ice to blender.
2. Blend slightly; add boiling water (this will melt your oil).
3. Now add ice and pulse.
4. Blend to desired consistency.
5. Enjoy!

Notes: This recipe is easily doubled or tripled to serve 2-3 people. As written, it is a single serving. This peanut butter cup shake is a delicious S meal/snack. Be sure to keep your carbs to 10 or less when enjoying this shake!