



Peanut Butter Berry Delight

Makes one serving

24 g
Protein

230
Calories

25 g
Carbs

4 g
Fat

4.5 g
Fiber

Enjoy this indulgent and craveable blend of peanut butter and berry flavors.

Ingredients:

- 1 2 scoops **Formula 1 Healthy Meal Nutritional Shake Mix Creamy Peanut Butter**
- 2 2 scoops **Protein Drink Mix Vanilla**
- 3 ½ tsp. **Herbal Tea Concentrate Raspberry Flavor**
- 4 1 cup cold water
- 5 ½ cup strawberry halves (fresh or frozen)
- 6 3–5 ice cubes

Directions:

- 1 Combine ingredients in a blender and mix well.