

Peanut Butter & Jelly Shake

INGREDIENTS

**2 scoops SPIRU-TEIN
Strawberry powder**

2 tbsp peanut butter

½ cup fresh cut strawberries

**1 avocado, peeled and
pitted**

2 dates

**2 cups unsweetened
almond milk**

2 cups ice

½ banana

1. Combine ingredients in blender.
2. Blend until smooth.

Yield: 1 servings