

Powdered Peanut Butter and Banana Shake



Ingredients:

- 1 Banana
- 1/2 c. light vanilla yogurt
- 3 Tbsp. PB2
- Splash of sparkling water

Directions:

1. In blender, add banana, yogurt, PB2 and then a splash of sparkling water
2. Mix
3. Chill and Enjoy!

Yields: 1 shake (or 2 small shakes) | Full Recipe Calories: ~250