



Peanut Butter & Jelly Protein Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 156 calories, 5g total fat (0.5g sat. fat), 245mg sodium, 15g carbs, 3g fiber, 7.5g sugars, 14g protein

Prep: 5 minutes



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Ingredients

3 tbsp. powdered peanut butter (like [the kind by PB2](#))
1 tbsp. (1/2 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
Half a packet of sugar-free strawberry powdered drink mix
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/8 tsp. citric acid (like [the kind by Milliard](#))
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
2 tbsp. whipped topping in a can
2 tbsp. freeze-dried strawberries

Directions

In a tall glass, combine powdered peanut butter, protein powder, drink mix, xanthan gum, and citric acid. Add 3 fl. oz. very hot water, and stir to dissolve.

Transfer mixture to blender. Add almond milk and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the glass, and top with whipped topping and freeze-dried strawberries.

MAKES 1 SERVING

HG FYI: The citric acids adds a little tartness to round out the sweetness!

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