



## Peanut Butter Cup Protein Freeze



Entire recipe: 169 calories, 6g total fat (2.5g sat. fat), 203mg sodium, 18g carbs, 3g fiber, 8.5g sugars, 13.5g protein

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**Prep:** 5 minutes



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### Ingredients

2 tbsp. light whipped topping (thawed from frozen)  
2 tsp. powdered peanut butter  
2 tbsp. (1 scoop) [Tera's Whey Dark Chocolate Cocoa Whey Protein](#) (or another chocolate protein powder with similar stats)  
1 tbsp. unsweetened dark cocoa powder  
2 packets natural no-calorie sweetener  
1 tsp. mini semi-sweet chocolate chips  
1/4 tsp. [xanthan gum](#)  
1/2 cup unsweetened vanilla almond milk  
1 1/2 cups crushed ice (about 12 ice cubes)  
1 tsp. light chocolate syrup

### Directions

In a small bowl, mix whipped topping with 1 tsp. powdered peanut butter until smooth and uniform.

In tall glass, combine protein powder, cocoa, sweetener, chocolate chips, xanthan gum, and remaining 1 tsp. powdered peanut butter. Add 3 oz. very hot water, and stir to dissolve.

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

Pour drink into the tall glass. Top with PB whipped topping. Drizzle with chocolate syrup.

MAKES 1 SERVING

**HG FYI:** The xanthan gum makes shakes even thicker and creamier!

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