



PEANUT BUTTER PROTEIN BLITZ

INGREDIENTS:

- 1 cup fat free milk
- 1 tablespoon smooth peanut butter (sugar free, salt free)
- 50g (5 heaped tablespoons) FUTURELIFE® High Protein Smart food™ (original or chocolate flavour)
- 1 handful ice cubes

METHOD:

Add all the ingredients to your blender and blend together on full power until smooth. Serve and enjoy.

Serves 1 – meal

Serves 2 – snack

