

# Peanut Butter Protein Shake

## Ingredients:

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- ½ cup water
  - 1 scoop (or protein powder of your choice)
  - 2 tablespoons [creamy peanut butter](#) or [creamy roasted almond butter](#)
  - 1 teaspoon [vanilla extract](#)
  - 10 drops [stevia](#)
  - 1 cup ice cubes
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## Instructions:

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1. Combine water, protein powder, peanut butter, vanilla and stevia in a [vitamix](#)
  2. Puree on high speed until smooth
  3. Blend in ice cubes
  4. Serve for breakfast or as a gluten free, dairy free snack
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