

## Celebration Smoothie

### Chris Powell's Low-Carb Chocolate Protein Peanut Butter Shake

**YIELD:** 1 SERVINGS

**CALORIES:** 263



### Ingredients

- 1 scoop chocolate protein powder
- 1 tbsp natural peanut butter
- 1/2 cup unsweetened almond milk or coconut milk
- 1 cup water

### Directions

1. Blend almond milk with one cup water and protein powder.
2. Blend in peanut butter.
3. Blend with ice for desired thickness.