

# PEANUT BUTTER SMOOTHIE

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## INGREDIENTS

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For 2 serving(s)

- $\frac{3}{4}$  cup vanilla rice milk
- $\frac{1}{3}$  cup non-dairy frozen vanilla rice dessert (ice cream)
- $\frac{1}{4}$  cup plus  $1\frac{1}{2}$  tsp Better 'N Peanut Butter
- 3 Tbsp unflavored protein powder
- 1 Tbsp plus  $1\frac{1}{2}$  tsp ground flax, optional
- $1\frac{1}{2}$  tsp caramel flavoring syrup (located in coffee aisle)
- $1\frac{1}{2}$  tsp Sucanet, Turbinadao or light brown sugar
- $2\frac{1}{4}$  cups ice cubes

## DIRECTIONS

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In a blender container, combine all ingredients except ice cubes.

Blend until smooth

Add ice cubes, one at a time, until thick and smooth.