

Chocolate Peanut Butter Shake

Tastes like a chocolate peanut butter cup but this smoothie is much better for you!.

Serves: 1

Ingredients

8 ounces chocolate Rice Dream rice milk

6 ounces cold purified water

1/2 banana

1 tablespoon [recovery beverage](#)

1 tablespoon organic peanut butter (we love Maranatha brand!)

3 tablespoons [cocoa protein powder](#)

2 ice cubes

Directions

1. Blend to desired consistency and enjoy!

