

# Peanut Butter Cookie Shakeology

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Prep Time 5 minutes

Total Time 5 minutes

Servings 1 smoothie

### Ingredients for Peanut Butter Cookie Shakeology:

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 Tbsp. all-natural peanut butter
- 1 pinch sea salt (or Himalayan salt)

- 1 Tbsp. graham cracker crumbs (reserve a small amount for garnish)

**Peanut Butter Cookie Shakeology Instructions:**

1. Place almond milk, ice, Shakeology, peanut butter, salt, and graham cracker crumbs in blender; cover. Blend until smooth.
2. Garnish with remaining graham cracker crumbs.







**Nutritional Information for Peanut Butter Cookie Shakeology (per serving):**

**Calories: 287**

Total Fat: 13 g  
Saturated Fat: 1 g  
Cholesterol: 5 mg  
Sodium: 589 mg  
Carbohydrates: 24 g  
Fiber: 5 g  
Sugars: 10 g  
Protein: 21 g

**Enjoy your Peanut Butter Cookie Shakeology!**

**Portion Fix Containers**

1 Red

4 tsp.