

## Peanut Butter Chocolate Shake

### Ingredients:

- 2 scoop [Quest® Peanut Butter Protein Powder](#)
- 2 cups unsweetened vanilla almond milk
- 4 cups ice
- 1 tablespoon peanut butter or PB2 powder
- 1 ½ tablespoons sugar-free butterscotch pudding mix
- 4 tablespoons zero-calorie sweetener
- 1 tablespoon sugar-free chocolate chips

### Method:

- 1. Place everything but chocolate chips into a large blender.
- 2. Blend until thick and creamy (about 1 minute).
- 3. Pulse in chocolate chips.
- 4. Pour into three 15-ounce glasses and serve.

### Nutrition Facts

**Calories:** 173. **Protein:** 17g. **Fat:** 5g. **Net Carb:** 8g (1 sugar gram). **Fiber:** 1g.