

Bariatric Advantage

Peanut Butter

&

Jelly

Protein Shake



2 Scoops Bariatric Advantage HPMR (Vanilla)

1-2 Tablespoons of Peanut Butter (organic)

1-2 Tablespoons of Jam (organic)

1-2 Cups Unsweetened Vanilla Almond Milk or Skim Milk

Pinch of Cinnamon

1 packet of Stevia Sweetener

3 to 4 Ice Cubes

Place all ingredients in blender

Blend for 1 Minute

ENJOY

