



## Chocolate Peanut Butter Protein Shake

Yield: 2 servings

Modified from: [www.superhealthykids.com](http://www.superhealthykids.com)

### Ingredients:

- 1 cup skim milk
- ½ cup tofu, soft
- 2 tablespoons peanut butter
- 1 tablespoon chia seeds
- 2 tablespoons cocoa powder, unsweetened
- 2 tablespoons sweetener of choice (if using sugar substitutes reduce to 1 teaspoon)

### Directions:

1. Blend all ingredients together until smooth. Store in refrigerator until ready to serve.

NOTE: Replace peanut butter with any nut butter. Be sure to use a soft tofu as firm and extra firm tofu will make a gritty texture.

### Nutrition information:

Serving size: ½ recipe

Calories: 288

Fat: 14.5g

Sodium: 118mg

Carbohydrates: 26g

Sugar: 13g

Fiber: 8g

Protein: 16g