



## Peanut Butter Bomb Smoothie

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#### Ingredients

- 1 teaspoon [Superclean Chocolate](#)
- 1 small Banana
- 1 teaspoon Peanut Butter (100% PURE peanuts only butter)
- 1 scoop Flat Tummy Protein
- ½ cup Milk (diary **or** non dairy)
- 1/3 cup Water
- 5 Ice Cubes

#### Instructions

1. Into your blender add milk and ice
2. Add peanut butter, Flat Tummy Protein , Superclean Chocolate and banana
3. BLITZ for 30 seconds - let settle and repeat a few times until smooth

**The above makes ONE complete meal/serving**