



PB Cup Ice Cream

- 1 cup skim milk
- 2 scoops chocolate protein powder (Matrix was used for nutrition information)
- 2 Tablespoon PB2 or other powdered peanut butter

Place all ingredients in blender and puree. Pour into ice cream maker and follow instructions. Makes 2 servings.

Nutrition information per serving: 186 calories, 30 grams protein, 3 grams fat, 12 grams carbohydrate, 241 mg sodium.