

# **Peanut Butter Cup**

## **Author: Medifast**

### **Ingredients**

1 packet Medifast Dutch Chocolate Shake  
2 tablespoons sugar-free Peanut Butter syrup  
1/2 cup cold water  
1/2 cup ice

### **Method**

Pour ingredients in blender and mix until smooth.

### **Nutritional Info.**

Cal 90-100 | Fat 1g | Chol 0mg | Carb 13g | Pro 11-14g