



PB Cup Smoothie

½ cup milk, skim

1 container Dannon Oikos Triple Zero vanilla yogurt

1 packet Swiss Miss Diet Hot Cocoa mix

2 tbsp PB2 (powdered peanut butter – all the benefits at a fraction of the fat and calories)

Put all ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving: 233 calories, 26 grams protein, 1.5 grams fat, 30 grams carbohydrate, 383 mg sodium.



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