

Post Workout Shake



Ingredients:

- 2 cups crushed ice
- 10 ounces low-fat chocolate milk
- 1 teaspoon peanut butter
- 1/2 cup fresh spinach
- 1 banana

Directions:

1. Place ingredients, in order listed, into a blender. Blend until desired consistency.
2. Serve cold.
3. Refrigerate unused portion.

Makes 2 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>