

## **Peanut Butter and Jelly Shakeology**



Peanut Butter and Jelly shakeology is not only one of my favorite childhood lunches but now it is one of my favorite adult lunches! But with a million added health benefits! Does your peanut butter and jelly give you over 70+ healthy ingredients to increase your energy, decrease cravings, increase regularity and help you lose weight?! I bet NOT! If you have been dragging your feet then this is your time!

- 1 tbsp all natural peanut butter
- 1/2 cup strawberries
- 1 cup water
- Ice
- 1 scoop chocolate shakeology

**Blend and enjoy your healthy Shakeology PB and J!!!**