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Peanut Butter Cup Cheesecake Shakeology



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OMG!!!! I don't know what is better this recipe or the Snickers Shakeology! Who ever said you had to eat cardboard to lose weight obviously didn't drink Shakeology!!!

- 1 scoop (or single-serving packet) of Chocolate Shakeology
- 1/4 cup fat-free ricotta cheese
- 1/4 cup plain fat-free yogurt
- 2 Tbsp. peanut butter (or almond butter)
- 1/4 cup water
- 1/4 cup nonfat milk (or almond or rice milk)
- 1 cup ice (use more for a thicker shake)

Blend and enjoy!