



## Reese's Shake

1 cup low fat or nonfat milk  
¼ cup instant non-fat dry milk  
2 Tablespoons peanut butter  
2 Tablespoons chocolate syrup  
Ice, if desired

Method: Combine all ingredients in a blender. Cover and blend for 1 minute until smooth. Makes 1 serving. Nutrition info: 430 calories, 16 gm fat, 3.5 gm sat. fat, 370 mg. sodium, 52 gm carbs, 2 gm fiber, and 23 gm protein. Adapted from Nancy Clark's Sports Nutrition Guidebook, 4th Edition



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