

Peanut Butter Molasses Shake

*tastes best
with salted PB
from a jar

ingredients

- 1/4 C blackstrap molasses
- 1/3 C natural peanut butter*
- 1 frozen banana
- 8 ice cubes
- 2 C water
- 1/4 C sunflower seeds

directions

Blend everything in a blender until smooth. Serve right away and store any leftovers in the fridge. It keeps well and I actually like it the next day when it's more like a creamy drink than an icy shake.

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.com

a gentler and *happier* approach to health