



QUICK + EASY

## Snickers Protein Shake

1 scoop chocolate protein powder

8 oz almond milk

1/8 tsp caramel sweetener (I use  
Sweetleaf Caramel Drops)

1 tbsp powdered peanut butter

Mix the ingredients together and enjoy!

Did you know?

Stevia, which is found in Sweetleaf Caramel Drops, is 350x sweeter than sugar with 0 calories. So less is more!

Set up an appointment with the Registered Dietitian at SHS  
701-231-7331 or through the Student Health Portal