

PB&J Milkshake

Prep Time: 5 minutes Yield: 1 serving

Preparation:

1. In a blender **COMBINE** peanut butter, milk, and ice cream or yogurt.
2. **PULSE** until smooth.
3. **ADD** in the jelly and pulse to mix.
4. **POUR** into chilled glass.
5. **ENJOY!**



Ingredients:

- 1 cup milk
- 1 scoop vanilla ice cream or frozen yogurt
- 2 tablespoons smooth peanut butter
- 2 tablespoons jelly (any flavor)



AMERICAN DAIRY
ASSOCIATION

YOUR MILK
COMES FROM A
GOOD PLACE