



Honey-Peanut Butter Shake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon creamy peanut butter
- ☐ 1 tablespoon honey
- ☐ 0.3 cup silken tofu cubed soft
- ☐ 1 cup soymilk light
- ☐ 2 cups vanilla yogurt frozen

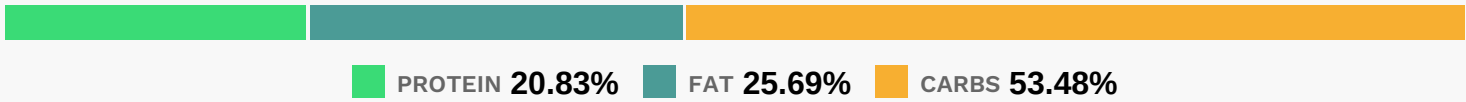
Equipment

- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Add frozen tofu yogurt, and process until smooth.
- ☐ Tasty Twist Use this recipe as a base shake that can work with other nut butters you have in your pantry--the other ingredients will complement any variety. Natural nut butters will produce a shake with a slightly different texture.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:2.96, Inflammation Score:-4, Nutrition Score:9.8330434301625%

Nutrients (% of daily need)

Calories: 181.36kcal (9.07%), Fat: 5.28g (8.13%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 24.27g (8.83%), Sugar: 23.39g (25.98%), Cholesterol: 6.13mg (2.04%), Sodium: 128.71mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.27%), Calcium: 300.46mg (30.05%), Vitamin B2: 0.38mg (22.42%), Vitamin B12: 1.29µg (21.44%), Phosphorus: 191.37mg (19.14%), Vitamin B3: 2.67mg (13.35%), Vitamin E: 1.88mg (12.5%), Potassium: 412.24mg (11.78%), Selenium: 7.57µg (10.81%), Vitamin B6: 0.21mg (10.69%), Zinc: 1.37mg (9.16%), Folate: 35.9µg (8.98%), Magnesium: 32.18mg (8.05%), Vitamin B1: 0.11mg (7.55%), Copper: 0.15mg (7.4%), Vitamin B5: 0.72mg (7.22%), Vitamin C: 5.25mg (6.37%), Vitamin A: 284.55IU (5.69%), Vitamin D: 0.71µg (4.72%), Iron: 0.63mg (3.49%), Manganese: 0.07mg (3.39%), Fiber: 0.46g (1.83%)