

GUILT FREE CANDYBAR SMOOTHIE

INGREDIENTS

For 2 servings

- $\frac{3}{4}$ cup original almond milk
- 3 Tbsp Better 'N Peanut Butter
- 3 Tbsp caramel beverage flavoring syrup (located in coffee aisle)
- $4\frac{1}{2}$ tsp chocolate syrup
- $4\frac{1}{2}$ ground flax, optional
- $2\frac{2}{3}$ to 3 cups ice cubes
- 3 Tbsp miniature marshmallows
- 2 Tbsp semi-sweet chocolate chips or 1 square (10gm) 70% dark chocolate, broken

DIRECTIONS

In a blender container, combine almond milk, peanut butter, caramel flavoring syrup, chocolate syrup and flax.

Blend until smooth

With motor running, add ice cubes through feed tube, one at a time, until thick and smooth.

Add marshmallows and chocolate and process until finely chopped.