

**Dessert**

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# **Peanut Butter Milk Shakes**

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**Servings: 3**

**1 cup milk**

**2 cups vanilla ice cream**

**1/2 cup peanut butter**

**2 tablespoons sugar**

In a blender, combine the milk, ice cream, peanut butter and sugar.

Cover and process for 30 seconds or until smooth.

Stir if necessary.

Pour into chilled glasses.

Serve immediately.

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Per Serving (excluding unknown items): 514 Calories; 34g Fat (57.2% calories from fat); 17g Protein; 41g Carbohydrate; 3g Dietary Fiber; 50mg Cholesterol; 311mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 6 Fat; 2 Other Carbohydrates.