

## Snickers® Peanut Butter Bar Shake

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6 oz. water  
1 scoop [HMR® 120 Vanilla](#) (or one packet of any vanilla HMR Shake mix)  
1 tablespoon sugar-free, fat-free instant butterscotch pudding mix  
1 [HMR Peanut Butter BeneFit® Bar](#), cut into 8 pieces  
2 ice cubes

**Calories: 305**

1. Pour water into a blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix and pudding mix. Blend for 10 seconds.
4. Gradually add BeneFit Bar pieces, a few at a time, replacing the blender cover after adding each piece.
5. Add ice cubes, one at a time.
6. Continue blending until smooth.