

Brownie Batter Shake

THM-Friendly: E

Who doesn't love brownie batter, licked straight off the wooden spoon??
If you don't, you probably haven't tried it!

- 1/2 cup whole oats
- 2 Tbsp. unsweetened baking cocoa
- 2 Tbsp. THM [Super Sweet](#)
- 1 scoop THM Chocolate [Pristine Whey Protein](#)
- 1 tsp. natural peanut butter
- 2 Tbsp. [de-fatted pressed peanut flour](#)
- 1 cup unsweetened nut milk
- 1/4 tsp. baking powder
- 1 large handful of fresh spinach
- 1/2 summer squash, chunked (no need to peel)
- 7 - 10 ice cubes

Blend until smooth. Lick the glass clean.

enJOY!

