



ThickenUP<sup>®</sup>  
clear

## Peanut Butter Shake

### INGREDIENTS

- 2/3 cup + 2 tbsp (180 mL) Carnation<sup>®</sup> Breakfast Essentials<sup>™</sup> Powder - Vanilla
- 2 1/2 cups (625 mL) milk
- 5 tbsp (75 mL) smooth peanut butter
- 5 scoops (20 mL/7 g) ThickenUp<sup>®</sup> Clear



### DIRECTIONS

1. Add Carnation<sup>®</sup> Breakfast Essentials<sup>™</sup> Powder, milk and peanut butter to blender; blend on high for 30 seconds or until smooth. Add ThickenUp<sup>®</sup> Clear. Blend on low for 30 seconds.
2. Measure 5 scoops (20 mL/7 g) ThickenUp<sup>®</sup> Clear, then add to blender. Blend on low speed for 30 seconds. Alternatively, blend with immersion blender. Allow 15 minutes to reach desired consistency before serving.

Note: For IDDSI LEVEL 3, measure 10 scoops (40 mL/14 g) ThickenUp<sup>®</sup> Clear, then add to blender.

**PREP TIME:** 10 minutes  
**COOK TIME:** 0 minutes  
**TOTAL TIME:** 10 minutes  
+ 15 minutes standing time  
**MAKES:** 5 servings  
(each 125 mL)

### NUTRITION INFO - PER SERVING

Calories 230	Fibre 2 g
Protein 10 g	Sugars 16 g
Fat 10 g	Sodium 180 mg
Carbohydrate 24 g	

<sup>4</sup>Refer to [www.IDDSI.org](http://www.IDDSI.org)