BANANA & BERRY PROTEIN SMOOTHIE

INGREDIENTS
- 1/2 peeled and sliced medium-sized banana
- 1/2 cup (4oz) Almond Milk
- 2 tablespoons or one scoop of protein powder
- 1/4 cup (2oz) of frozen strawberries or frozen blueberries
- 2 to 3 ice cubes

PROCEDURE
01 Place all ingredients into a blender: banana slices/pieces, almond milk, protein powder, frozen berries, ice cubes
02 Blend until smooth, adding more almond milk as needed if the smoothie is too thick. Add additional berries or banana to sweeten to your preferred taste.
03 Enjoy immediately or freeze in freezer in a safe storage containers to enjoy later.

NUTRITION FACTS
- **Yield**: 260 calories, 13g protein, 34g carbs, 4g fat, 7g fiber
- **Per serving**: 130 calories, 7g protein, 17g carbs, 2g fat, 4g fiber

SMOOTHIE PRO TIP
Place in a coozie or wrap a napkin around the smoothie glass to prevent fingers from becoming cold.