



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

- Ready in 6 minutes
- Yield | 2 servings (3 cups total)
- Serving Size | 1.5 cups

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

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.

SMOOTHIE PRO TIP

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