

STRAWBERRY-BANANA PROTEIN SMOOTHIE

No added sweeteners here! The trio of naturally sweet, fiber-rich fruits is all this protein-packed smoothie needs to taste great. A spoonful of ground flaxseed adds heart-healthy omega-3 fats. Use ice cubes if you like a frosty smoothie or opt for water if you don't want it so cold.

ACTIVE: 10 MINUTES
TOTAL: 10 MINUTES

● HIGH PROTEIN

● CALORIE BOOST

● HIGH FIBER

● SORE MOUTH OR THROAT

🌿 VEGETARIAN

🌾 GLUTEN FREE

🕒 SUPER SIMPLE

- 1 cup hulled strawberries, fresh or frozen
- ½ medium banana
- ½ cup diced mango, fresh or frozen
- ½ cup nonfat plain Greek yogurt
- 1 tablespoon natural nut butter, such as cashew or almond
- 1 tablespoon ground flaxseed (flaxmeal)
- ¼ teaspoon vanilla extract
- 4 ice cubes or ½ cup water

Combine strawberries, banana, mango, yogurt, nut butter, flaxmeal, vanilla and ice cubes (or water) in a blender. Puree until smooth.

SERVES 1: 1¾ CUPS

Calories 359, **Fat** 14g (sat 2g), **Cholesterol** 6mg, **Carbs** 46g, **Total sugars** 30g (added 0g), **Protein** 19g, **Fiber** 10g, **Sodium** 85mg, **Potassium** 917mg.

ADD 100 CALORIES
by blending in an extra
tablespoon of nut butter.

