

Banana Berry Bash

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↑↓ Servings: 1 smoothie



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
347 kcal	42 g	8 g	33 g	5 g

PREP TIME	COOK TIME
3 mins	0 mins

INGREDIENTS

- 4 Inch Banana
- 1 Cup Blueberries
- 1 scoop Protein Powder Vanilla
- 0.66 Cup Greek Yogurt Preferably low fat
- 4 Oz Almond Milk
- Ice to desired consistency
- 7 Almonds or cashews

Nutritional Values are for a Single Portion. If you follow the recipe you will be enjoying a 4 portion meal

INSTRUCTIONS

1. Place all ingredients into blender and blend until smooth and creamy.

