

Strawberry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

No Cow's Milk

Use milk or alternative milk of choice.

Smoothie Consistency

If the smoothie is too thick, thin with more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Ingredients

1 cup Strawberries (fresh or frozen)

1 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 tbsp Almond Butter

1 tbsp Ground Flax Seed

1 1/4 cups Cow's Milk, Whole

