

STRAWBERRY BANANA PROTEIN SMOOTHIE

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This strawberry-banana protein smoothie with almonds and protein powder is great for a meal replacement or after a workout.

Ingredients

- 1 ¼ cup sliced fresh strawberries
- 1 banana
- 10 whole almonds
- 2 tablespoons water
- 1 cup ice cubes
- 3 tablespoons protein powder

Directions

Place strawberries, banana, almonds, and water into a blender; blend to combine. Add ice cubes and puree until smooth. Add protein powder and mix until evenly incorporated, about 30 seconds.