# STRAWBERRY BANANA POST WORKOUT SMOOTHIE

Try this post-workout smoothie after your next workout to help with: recovery, rehydration, building and keeping your hard-earned muscle, and improving your future performance in the gym!



## Ingredients:

- 1 scoop vanilla protein powder (we used DotFIT vanilla protein powder)
- 8oz unsweetened plant-based milk (we used cashew milk)
- 1 medium banana (we used a frozen banana)
- 2-4 cups fresh power greens
- 1 cup frozen strawberries
- 1/2 cup ice (optional)

## Directions:

1. Mix all ingredients in a blender! Enjoy!

NUTRITION PER SERVING: Makes one serving!

Calories 370, Prot 31g, Carbs 53g, Fiber 10g, Sugar 25g(all from fruit), Fat 4g, Sat Fat 1g, Chol 0mg, Sodium 446mg