



WHAT'S IN SEASON ...



STRAWBERRY BANANA PROTEIN SMOOTHIE

INGREDIENTS:

- 1 cup skim milk
- 1 cup frozen strawberries
- ½ medium banana
- ½ cup plain, non-fat Greek yogurt
- ½ Hass avocado
- Optional - 1 cup baby spinach
(or your favorite leafy greens)

DIRECTIONS:

- Combine all ingredients in blender.
- Blend on high until smooth.
- Serve and enjoy!

NUTRITIONAL FACTS

1 SERVING
Calories: 400 calories
Protein: 17 grams
Carbohydrates: 55 grams
Fat: 14 grams

CALORIE CONSIDERATIONS:

- To **INCREASE** calories: Use whole milk instead of skim and whole milk Greek yogurt instead of non-fat (+110 calories total).
- To **DECREASE** calories: Use unsweetened almond milk instead of skim and decrease to ¼ avocado (-130 calories total).