

# PB&J Protein Smoothie

Web Recipe · Smoothie · GF

**470 cal · 32g protein · 44g carbs · 18g fat · 1 serving**

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## Ingredients

- 1 scoop vegan vanilla protein powder
- 1 cup frozen strawberries
- 2 tbsp natural peanut butter
- 1/2 medium frozen banana
- 1 tbsp ground flaxseed
- 1 cup unsweetened soy milk

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## Instructions

1. Add soy milk, protein powder, and ground flaxseed to a blender.
2. Add frozen strawberries, frozen banana half, and peanut butter.
3. Blend on high until smooth and creamy, about 60 seconds.
4. Pour into a glass and serve immediately. Tastes like a PB&J!

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Generated by Meal Planner · Per serving macros