

PB&J Protein Smoothie

Web Recipe · Smoothie · GF

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

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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