

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Fresh Fruit Smoothie Bowl



INGREDIENTS

- 1 Strawberries & Cream Premier Protein Shake
- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana, sliced and frozen
- 1/4 cup vanilla flavored Greek yogurt

Toppings:

- 1 Tablespoon pecans, coarsely chopped
- 1 Tbsp. shredded unsweetened
- Dash of salt

DIRECTIONS:

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a Strawberries & Cream Protein Shake, and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into 1-2 serving bowls and top with desired toppings
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.