

# TASTY RECIPES

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

## St. Patrick's Day Smoothie



### INGREDIENTS

- 1 Bananas & Cream Protein Shake
- 1 cup spinach fresh
- 1/2 cup pineapple\*
- 1/2 cup mango\*
- 1 banana peeled
- 1/2 cup ice

**DIRECTIONS:**

1. Place spinach and Bananas & Cream Protein Shake in blender. Puree until smooth. Add fruit and ice, blend again.

\*Fruit can be frozen