

TROPICAL CITRUS PROTEIN SMOOTHIE BOWL

BY: LALALISSETTE

PREP TIME: 2 MIN COOK TIME TIME: 1 MIN TOTAL TIME: 3 MIN SERVINGS: 1

NOTES

The tropical flavors of this protein smoothie bowl is underneath the toppings, but if you wanted to go all out, you could swap the blueberries + blackberries + bananas for kiwi + pineapple + pomegranate seeds. Heart-eyed-emoji!

DIRECTIONS

Blend all ingredients until smooth, and pour into a bowl. Top with sliced bananas, berries, chia seeds, and coconut flakes.

INGREDIENTS

Smoothie

1 scoop Premier Protein® 100%
Whey Protein Powder: Vanilla
Milkshake
¼ cup orange juice
1 small ripe banana, sliced and
frozen
½ cup peach flavored yogurt
¼ cup pineapple tidbits, drained
1 cup ice cubes

Toppings

½ small ripe banana, sliced
1 tbsp coconut flakes
2 tsp fresh blueberries
1 tsp chia seeds
handful of blackberries

