

## Post-Workout Banana Protein Smoothie

submitted by vicnvrro



Per serving: 225 Calories • 30g Carbs (3g Fiber) • 1.4g Fat • 25.3g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

2 cup **Water** (473 grams)

1 medium (7" to 7-7/8" long) **Banana** (118 grams)

1 scoop (30g) **Whey protein powder** (30 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!