

Sunrise Smoothie

submitted by bbebbber



Per serving: 404 Calories • 47.1g Carbs (6.9g Fiber) • 12g Fat • 30.6g Protein

Ingredients

Ingredients scaled to: 1 serving

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

1/2 cup, halves **Strawberries** (76 grams)

1 tbsp **Peanut butter** (16 grams)

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

1 cup **Almond milk** (240 grams)

Directions

Directions are based on the original recipe of 1 serving

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