

Protein Smoothie

Serves: 1

Ingredients

- 1 banana
- ¼ cup frozen cooked lentils
- ¼ cup oats
- 2-3 Tbsp peanut butter*
- drizzle of maple syrup
- ½ cup oat milk**
- 1 Tbsp chia seeds or linseeds



Directions

1. Combine all ingredients together in a blender and process until smoothie.
2. Drink and enjoy.

Notes

Both red and green lentils work well in this smoothie.

*lower fat if you use PB2 (dried peanut butter powder)

**Any type of milk could be used.