

Strawberry Almond Protein Smoothie

Tracy Gribben Nutrition
tracygribben@aol.com

This is a fantastic post workout smoothie to replenish glycogen stores





Strawberry Almond Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

- 1 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk, Use coconut milk or cashew milk instead.

Smoothie Consistency, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber, Add in some chopped leafy greens like spinach or kale.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.