



INVICTUS
SPORTS PERFORMANCE & FITNESS



STRAWBERRY SMOOTHIE

400 Calories | 36g Protein | 38g Carbs | 12g Fat

INGREDIENTS

- 1 cup frozen strawberries
- ½ cup fat free cottage cheese
- ½ cup Greek yogurt (vanilla or plain)
- ½ cup almond milk
- 1 scoop vanilla protein powder
- 1 tablespoon peanut butter
- 1 tablespoon honey
- 6-7 ice cubes

DIRECTIONS

1. Place ingredients in a blender and blend until smooth.
About 45 seconds.
2. Pour into a glass and top with sliced strawberries (optional).