

Strawberry Protein Smoothie

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-protein-smoothie-recipe>

Ingredients:

- 2 cups frozen strawberries or fresh, 100 calories – 2g protein
- 1 1/2 cups greek yogurt 0% fat, 195 calories – 34g protein
- 1/2 banana medium ripe, 50 – 0.5g protein
- 1/2 cup almond milk 20 calories – 0.5g protein
- 2 teaspoons honey 44 calories
- 1 cup crushed ice
- 1 cup crushed ice
- 1 1/2 cups ice cubes

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 135 milligrams
9. Sugar: 28 grams

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