

Strawberry Banana Dream Smoothie

The mix of strawberries and bananas offer antioxidants, magnesium, and potassium, necessary for muscle repair and growth after a grueling workout. The magnesium and potassium will also assist in easing any muscle cramps or pains! With this perfect 1:1 CHO to PRO ratio, one can expect speedy recovery all while furthering their lean and mean goals!

Ingredients:

1 cup	Coconut milk, unsweetened
½ cup	Greek yogurt
½ cup	Strawberries
½ Med.	Bananas, frozen
1 tsp	Flaxseed
1 Tbsp	Stevia
½ Scoop	Strawberry protein isolate

Directions:

1. Blend all ingredients until smooth!
2. Enjoy 😊

Servings: 1

Serving size: 1 whole recipe/smoothie

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Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	355.2 kcal	18 %
Total Fat	7.7 g	12 %
Saturated Fat	4.8 g	24 %
Trans Fat	0 g	
Cholesterol	57.6 mg	19 %
Sodium	162.9 mg	7 %
Total Carbohydrate	34.9 g	12 %
Dietary Fiber	3.7 g	15 %
Sugars	22.8 g	
Protein	36.1 g	72 %
Vitamin A	11 %	Vitamin C 83 %
Calcium	77 %	Iron 8 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		