STRAWBERRY BANANA PROTEIN SMOOTHIE

This fresh, creamy, frozen smoothie is the best way to start, finish, or continue your day! Rich's protein syrup takes this flavor packed treat to the next level. Simply add your ingredients to a blender, blend until smooth, and enjoy this berry delicious beverage.

Yield: 1 Smoothie



INGREDIENTS

2 fl.oz.	Richs ® Protein Syrup, 4 Ct, 32.9 fl. oz. (#26557)
1 C	Frozen Strawberries
1 Unit	Ripe Banana
1 C	Milk or Milk Alternative
1/2 C	Greek Yogurt or Non-Dairy Alternative
1/2 C	Ice
2 tsp.	Maple Syrup

DIRECTIONS

1. Add all ingredients, including two full pumps of protein syrup, to a blender.
2. Blend until completely smooth. You may add more milk if the mixture is too thick.
3. Pour into a glass. Serve.

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