

# Strawberry Banana Smoothie

## Makes 1 8oz smoothie

This is a very simple recipe that could be modified a zillion ways. Really it's just to show you that you can make your own protein drinks out of real foods right from the start. Creativity is welcome here. Adding things like cinnamon and vanilla extract are great ways to get your mouth excited about a smoothie!

### *Ingredients*

- 1/4 frozen banana
- 1/3 cup frozen strawberries
- 1/2 cup milk
- 1/2 tbsp almond butter
- 1 scoop plain protein powder unsweetened

### *Directions*

Add all the ingredients to your blender and blend until smooth. Add a little more milk or water if your blender is struggling.

Drink right away or refrigerate and drink within the same day. These could be frozen in a popsicle mold if that sounds better while you are healing.

I usually use frozen fruit which makes the smoothie cold and creamy without having to add ice cubes which would water down the flavor. I either buy it frozen or freeze my own. If you don't have frozen fruit you can use fresh but I would add a few ice cubes and your smoothies will be a little larger. ■