

High Protein Green Smoothie



Recipe:

High Protein Green Smoothie

Serves: 1

Serving Size: 16 Fl oz

Ingredients:

- 1 ½ bananas, frozen
- ½ cup raw spinach
- ¼ cup raw zucchini
- 2 Tbsp. almonds
- 1 teaspoon chia seeds
- ½ scoop of protein powder of your choice
- 1 Tbsp. peanut butter
- Ice (if needed)

Instructions:

1. Place all ingredients in a blender container.
2. Cover and blend on high speed until smooth.
3. Chill before serving.

Nutrition Facts:

Calories 440-521

Fat (g) 24

Carbohydrate (g) 67

Protein (g) approx. 19-21

Sodium (mg) 188

Percent Calories

Protein: 16%

Fat: 41%

Carbohydrates: 43%

Submitted by Marisa Mozer, MS, RD, LDN, CNSC on behalf of ON DPG