

Banana-Nut Smoothie

Try this smoothie for breakfast or as a refreshing afternoon snack. Use chocolate whey powder to create a rich, chocolate taste; the vanilla blend is just as delicious. Soymilk lends just enough sweetness to eliminate the need for sugar or honey. Add more ice if needed, to desired consistency.



Ingredients

- 1 cup vanilla soymilk
- 1/2 frozen banana
- 1 Tbsp. natural peanut butter
- 2 Tbsp. vanilla or chocolate whey protein powder
- 3-4 ice cubes

Preparation

Blend ingredients until smooth. Enjoy.

Nutrition Facts

Yield 1 serving

Amount Per Serving

Calories 325

Fat 9g

Sodium 145mg

Carbohydrate 44g

Dietary Fiber 2g

Protein 16g

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