

Blueberry Banana Protein Smoothie

Prep Time

5 mins

Cook Time

0 mins

Total Time

5 mins

Author: Laura Bench

Recipe type: Snack, Breakfast

Servings: 1

Ingredients

6 - 8 ounces liquid (unsweetened vanilla almond milk, coconut milk, cashew milk, water)

¼ cup coconut milk, from a can, full fat or light

½ banana, frozen (could use fresh also)

½ cup blueberries, frozen (could use fresh also)

1 scoop vanilla protein powder

(Optional) 3-5 ice cubes



Instructions

1. Place all items in a blender. Add the scoop of protein as one of the last ingredients. If it goes in first, it tends to clump at the bottom.
2. Blend until well mixed. Enjoy!

TIPS: Before using canned coconut milk, leave it in the fridge overnight or for several hours to thicken. It makes the shake very creamy! Feel free to swap the coconut milk for another healthy fat of choice like flaxseeds, nut butter, etc.

Balanced Meal Breakdown

Protein – Vanilla protein powder

Carbs – Banana, blueberries

Fat – Canned coconut milk (or other fat source you choose; a little from milk used)