

5 High Protein Smoothie Recipes



Fruity and refreshing high protein smoothies that will keep you full and energized and still on track to reaching your weight loss goals.

Ingredients

PB&J Smoothie

- 1 cup unsweetened almond milk
- 1/2 cup frozen strawberries
- 1 tbsp peanut butter
- 1 scoop vanilla protein powder

Fit + Slim Smoothie

- 1 cup unsweetened almond milk
- 1 cup frozen blueberries
- 1 scoop vanilla protein powder

Chocolate + Coffee Smoothie

- 1 cup unsweetened almond milk
- 1 frozen banana
- 1 tbsp freeze-dried coffee, or replace 1/4 cup milk with 1/4 cup strong chilled coffee
- 1/2 tbsp dark cocoa powder
- 1 scoop vanilla protein powder

Green Machine Smoothie

- 1 cup unsweetened almond milk
- frozen banana
- 1 cup baby spinach, packed
- 1 tbsp peanut butter

- 1 scoop vanilla protein powder

Vanilla Cupcake Smoothie

- 1 cup unsweetened almond milk
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1 scoop vanilla protein powder

Instructions

1. In a kitchen blender, start by adding the unsweetened almond milk, other ingredients, and 1 scoop of vanilla protein powder.
2. Now, blend everything until it's very smooth.

From ***Skinny Taste*** (skinnytaste.com)