

## STRAWBERRY BANANA SHAKE (PW)

### PRELUDE

The wonderful flavors of strawberries and banana marry well in this shake that is surprisingly simple to make. Fresh strawberries can of course be used, and we encourage you to do so when they are in season. Otherwise, frozen berries are always a convenient way to enjoy one of Mother Nature's most delicious foods year-round.

### INGREDIENTS

1 medium banana  
1 cup strawberries  
1 cup skim milk  
1 scoop strawberry whey protein  
1 cup ice  
Splenda, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

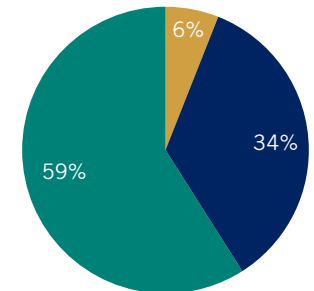
**Servings – 1**

### INSTRUCTIONS

Combine everything in a blender and process on medium-high until smooth and creamy. More ice may be added for a thicker texture.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	356
Protein (g)	32
Carbohydrates (g)	55
fiber (g)	6
sugars (g)	45
Fat (g)	3
SFA (g)	2
MUFA (g)	1
PUFA (g)	0.3
Omega-3 (g)	0.1
Omega-6 (g)	0.1



Protein
  Carbs
  Fats