

Protein Strawberry-Banana Smoothie



Fill up on freshness with this classic blend revisited to offer you maximum satiety. Creamy, nourishing, and rich in flavour, this smoothie is an excellent source of protein and fibre, making it the ideal ally for breakfast on the go or for recovering after a workout. A must-have recommended by our dietitians. For more ideas, check out our [top 10 nutritious smoothie recipes](#).

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 295
Fat 8
Carbohydrates 35
Fibre 6
Protein 21
Sodium 75

Ingredients

- 1 banana
- 500 ml (2 cups) frozen strawberries
- 250 ml (1 cup) plain 0% M.F. Greek yogurt
- 125 ml (½ cup) 2% M.F. milk (or soy beverage)

Preparation

1. Place all ingredients in a food processor.
2. Blend on high until smooth and creamy.
3. Pour into two large glasses and enjoy immediately.

Notes

Keeps for 2-3 days in the refrigerator.

*For a bowl version, reduce the amount of milk to $\frac{1}{4}$ cup and top with homemade granola. To double the protein, add one scoop of vanilla protein powder.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City