

Blueberry Banana Protein Smoothie

- ½ cup Silk Soy Milk Light
- ½ cup Blueberries, Fresh
- ½ Ripe Large Banana
- ½ scoop Casein Vanilla Protein (I used ON Gold Standard Casein Vanilla)
- ½ scoop Whey Protein (I used Bodylogix Whey Strawberry Banana)
- Handful of Ice

Blend all of above together until smooth. Enjoy!

Nutrition Info

Calories - 233

Carbs – 27g

Fat - 2g

Protein – 28g

Potassium – 506mg

Sugars – 15g

Fiber – 4g

Sodium – 199mg

Cholesterol – 10mg

Calcium – 61%

Vitamin C – 19%

Vitamin A – 6%

Iron – 4%