

Chocolate Banana Raspberry Protein Smoothie

- 1/2 cup Silk Light Chocolate Soymilk
- 1/2 Banana
- 1/2 cup raspberries fresh or frozen
- 1 scoop Chocolate Protein Powder (I used Optimum Nutrition Whey Protein, Gold Standard Double Rich Chocolate)
- Handful of Ice

Blend all of above together until smooth. Enjoy!

Nutrition Info

Calories – 241

Carbs – 30g

Fat – 2g

Protein – 27g

Potassium – 429mg

Sugars – 17g

Fiber – 6g

Sodium – 174mg

Cholesterol – 30mg

Calcium – 35%

Vitamin C – 34%

Vitamin A – 6%

Iron – 10%