



Super Healthy Honey Banana Shake

Ingredients:

- 1 cup of pure water
- 1 big scoop of vanilla whey protein powder
- 3/4 cup of natural yogurt
- 1 banana
- 1 tsp of flax-seed oil
- 2 tsp of honey
- 1 tsp spirulina

The spirulina definitely changes the color and flavor of this shake a lot! So if you can't get used to the taste simply leave it out. The shake provides carbs, protein and plenty of vitamins/minerals, so you can easily use it as a meal replacement.