



BODYBUILDING.COM™

High-Calorie Hydra 6 Mass Smoothie

Ingredients:

Water, 2 cups

Banana, 1 medium

Oats, 1 cup

Flaxseed powder, 15 grams (~1-1/4 tbsp)

Avocado, 1 medium

Grenade Hydra 6 (any flavor), 2 scoops

Directions:

1. Cut up a banana and an avocado. Add to a blender along with the flaxseed, oats, water, and Hydra 6 protein.

2. Pour and enjoy!