



Sunrise Smoothie

Ingredients

1 banana (medium size)
1/2 cup strawberries
1 tbsp natural peanut butter
1 scoop Optimum Nutrition Gold Standard 100% Whey Strawberry Banana
8 oz almond milk

Directions

1. Blend all of the ingredients together.
2. Slam it!

Nutrition Facts

Serving size: 1 shake
Recipe yields: 1 shake
Calories: 394
Total Fat: 8.6 g
Total Carbs: 37.5 g
Protein: 29.8 g