



JNL'S Fitness Model™ Strawberry Banana Smoothie

Ingredients

12 oz cold water

1 packet BSN Vanilla Whey Protein Powder

1 small banana

6 frozen strawberries

Directions

Blend cold water and whey protein for 30 seconds.

Add banana and blend for 30 more seconds.

Add strawberries and blend on high speed for 30 more seconds.

Pour into a tall glass and enjoy!