

High Protein Breakfast Smoothie

Ingredients:

$\frac{3}{4}$ cup frozen/fresh strawberries

1 teaspoon sugar

$\frac{1}{2}$ cup plain yogurt, Cabot Greek yogurt is a great addition.

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup whey protein powder

1. In blender container, combine strawberries, sugar (if using), yogurt, milk and whey powder; cover and blend for one minute or until smooth.

Nutrition Facts:

Calories: 341.5

% Daily Value

Total Fat: 13.7g

Saturated Fat: 8.6g

Cholesterol: 100mg

Sodium: 186.2mh

Carbohydrates: 25.3g

Dietary Fiber: 2.8g

Protein: 30.7g