Fitness Shake: Protein Fruit Smoothie

Nutrition Facts

Amount Per Shake

Calories	311 kcal
Protein	34.9g
Carbohydrate	38.7g
Fat	2.4g
Dietary Fiber	6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 Banana
- 100g Strawberries
- 40g Whey Protein Vanilla (Free Myprotein Impact Whey Protein for new customers)
- 20ml Lemon juice
- 5g Cinnamon
- 15oml Water

Preparation:

Cut banana and strawberries into small pieces. Put fruits, Whey Protein, lemon juice and cinnamon into a bowl and fill it up with 150ml of water. Mix it for about 1 minute. This smoothie gives you some high quality calories. If you don´t know your needed calories, check out our Calorie Calculator. Enjoy this fitness shake and stay fit!

Product recommendation for this fitness recipe: