Fitness Shake: Summer Protein Smoothie

Nutrition Facts

Amount Per Smoothie

Calories	218 kcal
Protein	24g
Carbohydrate	23.7g
Fat	2.3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 100g Strawberries
- 70g Banana
- 10ml Lemon juice
- 30g Whey Protein (Strawberry)
- 130ml Water
- Ice cubes

Preparation:

Cut the strawberries and the banana into small pieces. Put all the ingredients into the blender and fill it up with about 130ml of water. If you want it fresh and cool, add some ice cubes. Mix it for about 1 minute. Enjoy and stay fit!

Product recommendations for this smoothie:

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