



## **NGHS “POWER RECIPE”**

### **Iced Fruit Smoothie:**

#### **Items needed:**

Blender  
Ice  
Milk  
Frozen Strawberries  
Banana  
Vanilla Yogurt  
Favorite Protein Powder  
Sugar or Splenda

1. ½ Cup of yogurt
2. 8-10 ozs of milk
3. 6 frozen strawberries
4. ½ or 1 banana
5. ½ or 1 scoop favorite Vanilla protein powder
6. 3-4 med cubes of ice (about 1 cup)
7. 2 rounded TBSP sugar or Splenda

Place above ingredient in blender. Use the same order listed above. Blend on med for about 2-3 mins. Check and stir, then high for 2-3 mins. Until completely mixed. Pour into large glass and use straw if you like!

Addons-- Try lite whip cream on top and a fresh strawberry split and set on the rim of the glass for added appeal when serving! ENJOY!!

\*\*\* This snack is great at ANY time of the day,.... If doing at night or before bed, try to use the splenda instead of sugar and the full protein with half banana to limit sugar intake before going to sleep!