



Banana Almond Delight Smoothie (Dairy Free, Grain Free)

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

213.7 calories, 17.03 g carbohydrate, 2.31 g fiber, 12.72 g NET carbs, 26.3 g protein, 4.17 g fat

Ingredients

- 1 Scoop Jay Robb Vanilla Egg White Protein
- 1/4 packet(s) SweetLeaf Stevia Plus Sweetener
- 1/2 Tbsp(s) Maranatha Natural Raw Almond Butter
- 1/2 small(s) banana
- 1 cup filtered or spring water

Preparation

1. Add all ingredients to a high speed blender, Vitamix with 4 ice cubes.
2. Blend until smooth.

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