

HELEN'S FAVORITE SMOOTHIE

Prep. time:	Cook time:	Serves:
10 min	N/A	1



INGREDIENTS:

Mix all in blender:

- 1 cup unsweetened oat milk
- 1 frozen banana
- Handful frozen strawberries
- 1 heaping Tbsp nonfat Greek yogurt
- 1 scoop Garden of Life Raw Organic Chocolate Meal Protein Powder