

Empty Nest Smoothie

This recipe makes about 7 cups



Ingredients

2 cups fresh or frozen blueberries
1 handful of spinach or kale
3 bananas
3 Tbsp chia seeds
4 ½ Tbsp PB2 or other peanut butter powder
1 tsp cinnamon
3 scoops/servings of chocolate protein powder of choice
2¼ cups milk of choice

Directions:

1. Add all ingredients into a large blender and blend together until smooth
2. Pour mixture evenly between two lined trays
3. Add dividers in the 40 configuration, this helps it to freeze dry faster and more evenly
4. Pre-freeze when possible
5. Freeze dry (my cycle time was 26.5 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Put ¾ cup powder in a shaker bottle or jar and add 2 cups of cold water, and shake well. Let it sit a minute and shake again. Add more water to make thinner, or more powder to make thicker. Repeat and then enjoy.

Notes:

This is an upgraded version of protein shake, perfect for gym days. I used a whey-based protein and dairy milk, but if you prefer a vegetarian option, there are plenty of great vegan protein options available to use with alternative milks.

Nutritional Value Per 1 serving

Calories: 510 Protein: 38 g Fat: 9 g Carbohydrates: 64 g Sugar: 30 g Fiber: 11 g