

Protein Smoothie

This recipe makes about 7 cups and fits 1 Large FD Tray approximately 350-400 Calories and 20-25g of protein*

[Live Life Simple's: Freeze Dried Protein Smoothie - Single Serving Banana Blueberry & Banana Strawberry](#)

Ingredients

2 bananas
½ lb. strawberries, blueberries or fruit of your choice (usually 2-3 Cups)
1 Cup Kale
1 Cup Spinach
4 Servings of Pea Protein or Protein Powder of your choice
(For extra sweetness, throw in a few dates)
4 Cups of Milk (any type will work) some milks will add extra protein



Directions

1. Mix all ingredients in a blender until smooth
2. Use silicone mats or pre cut parchment to ensure it does not stick to tray
3. Use tray dividers in the 4 portion set up to make (4) 16oz. Smoothies
4. Pre-Freeze until solid
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My total time is usually around 40 hrs.

Rehydration: Rehydrate by adding just under 16 oz. (1 pint) of water to a blender or glass and mix.



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* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray

Cycle times & rehydration for reference only