

Protein Smoothie

This recipe makes 7 cups-about 4 large servings



Ingredients

2 bananas
½ **lb** strawberries, blueberries or fruit of your choice (about 2-3 cups)
1 cup kale
1 cup spinach
4 servings of pea protein or protein powder of your choice
2-3 dates for extra sweetness
4 cups of milk (any type will work) some milks will add extra protein

Directions

1. Peel the bananas and wash the berries and greens thoroughly. (leave greens on the strawberries for some added nutrition)
2. If using dates, remove the pits
3. Add the milk to the blender first to help with blending
4. Add the kale, spinach, bananas, berries, date, and protein powder
5. Blend on high speed until smooth and creamy
6. Add parchment paper to your trays
7. Pour the smoothies into your trays
8. Add dividers if using. We like the 4 portion setting for this recipe
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 40 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of cold water to 1 divider portion of freeze-dried smoothie (if not using the dividers, use about 1 ¼ cups of smoothie powder). You can add this to a blender and blend, shake in a shaker bottle, or stir in a glass. All 3 methods work well. Enjoy

Notes: You will get a smoother consistency with a high-powered blender like a Vitamix. You can powder this before you bag it if you like. Store in single portion sizes for easy on the go smoothies.

Nutritional Value Per 2 cup serving with strawberries, 3 added dates, and soy milk

Calories: 258 Protein: 27 g Fat: 4 g Carbohydrates: 30 g Sugar: 15 g Fiber: 3 g