

STRAWBERRIES & CREAM SNEAKY VEGGIE SMOOTHIE



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1-2

INGREDIENTS

¼ cup frozen banana pieces
1 cup frozen strawberries
½ cup frozen cauliflower
1 small peeled zucchini
½ cup unsweetened vanilla coconut milk
¼ of an avocado
6 -12 drops of Stevia
½ tsp vanilla extract
2 Tbsp vanilla whey protein powder or
vegan vanilla protein powder
1/8 tsp sea salt
Water or coconut milk to thin as necessary

DIRECTIONS

1. Put all ingredients in blender and process until smooth.

NUTRITION FACTS PER SERVING

Calories: 371 Fat: 12.5g (Saturated Fat: 8g) Carbohydrates: 42.1g Fiber: 4.9g Sugar: 26.8g Protein: 26g



CALIFORNIA SCHOOLS
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