



Strawberry & Vanilla Protein Smoothie

I've been receiving requests for a sweet high-protein treat, and I've found this vegan-friendly smoothie is a tasty - and easy - springtime delight. It can be enjoyed at any time of day or night, but I think it works best as a post-workout recovery drink. It contains roughly 27 grams of protein, depending on the brand of protein, and can be made in minutes. I enjoyed two of them after my workout just this morning!

Ingredients

- 1 cup of frozen strawberries
- 1 scoop of vanilla protein powder
- 1 cup of unsweetened vanilla soymilk
- 2 tbsp of water

Preparation Process:

Pour the water and soymilk into a blender, then pour in the powder and blend for 15 seconds

Add the frozen strawberries, blend for another 20 seconds and serve.

If you want to watch the video again. Click [here](#).