



Healthy Eating & Weight Loss

Strawberry Banana Visalus Smoothie

- 3 cups unsweetened Almond Milk (Silk is 35 calories per cup)
- 1 cup frozen strawberries
- 4 scoops Visalus
(or two serving packages - 90 calories per serving)
(you can use less or more to adjust calories and protein up or down)
- 1 small banana
- ice (4-6 cubes depending on how frosty you like your smoothie)

Puree in blender or smoothie maker and serve immediately -- Makes 2 servings

193 calories, 15g protein - per serving

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<http://www.douglasvilleweightloss.com>