

## Make Ahead Very Berry Protein Smoothie

*Servings: 5 smoothies (~10 oz each)*

*Total Time: 15 minutes*

### Ingredients:

30 oz plain, fat free Greek yogurt

2.5 cups Frozen berries

2 bananas

2.5 cups skim milk

¼ cup Orange Juice

### Directions:

Place ingredients in a blender. Blend until fully mixed.

Separate smoothies into five freezer bags or freezer safe storage containers. Freeze.

Defrost by placing in the refrigerator the night before you plan to use.

### Nutrition Information per Serving:

225 calories, 0.4g total fat, 0.6g sat fat, 22g protein, 34g carbohydrates, 126mg sodium



**Chef Notes:** Top with crushed nuts or pair with homemade granola.

**Storage Tips:** You can keep these smoothies in the freezer for up to 3 months.