



Orange, Vanilla, Strawberry, Banana Protein Smoothie



1 cup low-fat milk, soy milk or rice milk
½ banana
½ cup orange juice
½ cup strawberries
1 heaping tbsp vanilla flavored protein powder
1 tsp flax oil
4 tbsp low-fat plain yogurt

Mix thoroughly in blender with a few ice cubes until deliciously cold and creamy!
Serves 2



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