

Orange and Banana Protein Smoothie

Smoothies that you make at home are healthy and virtually impossible to screw up. And unlike the expensive ones you can buy at the chain stores these days, smoothies are super cheap.

- 1 banana (if you have a frozen banana, even better)
- 1 cup of orange juice
- 6 oz of homemade yogurt (store bought works too, any flavor)
- 2 teaspoons of vanilla flavored whey protein powder
- 4-5 ice cubes

Add all items into a blender. Pulse until ice and frozen banana are pretty well broken up, then mix for several minutes until it is super frothy and smooth. Enjoy!

Variations:

1. Add any fruit in addition or instead of the banana. Bananas makes a good base for just about any flavor and keeps the smoothie smoother. Any kind of berries are good too, frozen or unfrozen.
2. Replace the OJ with skim milk and add in a couple tablespoons of peanut butter. A squirt of fat free chocolate syrup ain't a bad idea either.
3. If I have some spinach around I toss that in too. Again, doesn't effect the taste much, but gets all the good stuff into your blood stream.
4. You can also add in a handful of rolled oats if you need a little fiber. You barely notice it's there.