

STRAW-NANA LEMONADE SMOOTHIE

~A refreshing power-packed summer smoothie~

INGREDIENTS

8 oz water or unsweetened almond milk
1 scoop GYF Snack Replacement (*Strawberry Banana*)
1/2 cup non-fat Greek Yogurt (*Lemon flavor*)
5 fresh or frozen strawberries
1 tbs 100% lemon juice (*fresh squeezed or bottled*)
5-7 ice cubes

DIRECTIONS

Add ingredients in blender & mix well!

Enjoy all summer to satisfy your sweet tooth, burn fat, boost your energy, and maintain a healthy immune system!



NUTRITIONAL FACTS

Calories - 130 Fat - 4g Carbs - 14g
Fiber - 3g Sugars - 5g Protein - 11g

