

Chocolate Strawberry Protein Booster Smoothie.

Ingredients:

1 frozen banana

1 cup frozen strawberries

1 cup chocolate or vanilla milk

1 scoop chocolate whey protein powder

1 scoop vanilla whey protein powder

Method:

Put all the ingredients for the chocolate strawberry smoothie into a blender.
Blend and pour!

As an added nice social activity, make a list and go for a shopping trip together to buy the ingredients.

