

Fruit Smoothie

Ingredients:

- 2 cups peach yogurt
- 1 cup frozen Strawberries
- 1 banana
- 1/2 cup orange juice
- 1/4 cup protein powder

Directions:

1. Mix all ingredients in blender until smooth. Enjoy!

605 calories, 112 carbs, 6g fat, 27g protein, 491mg sodium