

Post-Run Strawberry Smoothie

Serves: 2

Ingredients:

- 2 frozen bananas
- 2 cups frozen strawberries
- 1 c. strawberry kefir or any yogurt of choice
- 2 c. 1 % milk
- 1 tbsp chia seeds
- 1 tsp vanilla



Directions:

1. Mix together in blender. Add more liquid if needed. I usually fill to the level of the frozen fruit.

NUTRITION FACTS

Per serving: 362 calories, 6 g fat, 2 g saturated fat, 162 mg sodium, 63 g carbs, 8 g fiber,
17 g protein