



1 Servings



post-workout protein, avocado, ginger smoothie

Ingredients

plain greek yogurt, nonfat	4 oz
ice (cubed, crushed)	1 cup(s)
whey protein powder	1 Scoop
ginger, ground	1/4 Tbsp
coconut, unsweetened	1/2 oz
bananas	1 large
drinking water	1 Cup(s)
avocado	1/3 avocado

Nutrition Totals

Calories 462 / Carbs 45 g / Protein 41 g / Fat 16 g / Fluid 16.64 fl
oz

Instructions

1. Fill blender with 1 cup of water, add ice and greek yogurt.
2. Blend for 30 seconds, and then add remaining ingredients
3. Add ice or water to get desired consistency



Nutrition Label

Post-Workout Protein, Avocado, Ginger Smoothie

Amount Per Serving	
Calories	462
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 6.2g	31%
Trans Fat 0g	
Cholesterol 10.7mg	4%
Sodium 99.9mg	4%
Total Carbohydrates 44.9g	15%
Dietary Fiber 10.4g	42%
Total Sugar 21.6g	
Protein 40.9g	
Vitamin D 0IU	0%
Calcium 293.1mg	29%
Iron 1.7mg	10%
Potassium 1200mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.