

# TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

## Tropical Sunrise Smoothie



### INGREDIENTS

Mango Smoothie:

- 1/2 cup Premier Protein Bananas & Cream shake
- 2 frozen bananas
- 1 cup frozen mango
- 1 sliced orange

Berry Smoothie:

- 1/2 cup Premier Protein Bananas & Cream shake

- 2 cups frozen mixed berries (strawberries, blackberries, blueberries, cherries)
- 1 frozen banana

### **DIRECTIONS:**

1. Place all mango smoothie ingredients into blender.
2. Blend until smooth and pour into glass.
3. Rinse blender container.
4. Place berry ingredients into blender and blend until smooth.
5. Pour berry layer on top of mango smoothie. Enjoy!