



Ali Vincent Winning Recipe

# APPLE STRAWBERRY SMOOTHIE

## INGREDIENTS

- 3 oz. Apple juice
- 1 cup fresh or frozen strawberries
- 1 small banana
- 1 scoop DESIGNER WHEY Natural or Strawberry

## DIRECTIONS

Combine ingredients in blender  
Blend on high speed for 1 minute

**22g**

PROTEIN

**321**

CALORIES

**1g**

FAT

**56g**

CARBS

PER SERVING

DESIGNER WHEY flavor in this recipe:  
Natural or Strawberry

