

## SMOOTHIE BOWL

# STRAWBERRY BANANA

### INGREDIENTS:

- 2 Frozen Bananas
- 1 Cup Frozen Strawberries
- ¼ Cup Milk or Milk Alternative
- 2 Scoops Bioteen Strawberry Whey Protein or Plant Protein

### METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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