



✂ Smoothie ⏱ 5 min

Quick Protein Power Chiquita Banana Smoothie

Here's a simple and delicious way to add protein to fresh fruit and juice.

1

Place all ingredients in a blender and puree until smooth

2

Serve immediately

3

Enjoy your Quick Protein Power Chiquita Banana Smoothie

INGREDIENTS FOR 2 PERSONS

2 whole Chiquita Bananas, sliced
3 oz. low-fat Greek yogurt
4/4 cup fresh pineapple juice
2/2 orange juice

NUTRITIONAL VALUES PER PERSON

157 kcal Calories
0.4 g Fat
0.1 g Saturates
34.6 g Carbohydrate
20.9 g Sugars
3.1 g Fibre
5.2 g Protein
0.1 g Salt