

Tropical Punch Smoothie

Makes 1 Smoothie

1 scoop Strawberry Protein Powder (Designer Whey or another brand)
8 oz diet strawberry flavored water (like Fruit2O)
1 tablespoon Banana Sugar Free Syrup (like DaVinci brand)
8 ice cubes

Mix all in a Magic Bullet or blender. Make slightly smooth and creamy.

Total Carbs: 3 grams