

## -POST WORKOUT SMOOTHIE

8oz vanilla soy milk

- 1 banana
- 1 spoonful peanut butter (about  $1-1 \frac{1}{2}$  tablespoons)
- 1 cup frozen kale
- 3 tablespoons whey protein powder
- 1 cup ice
  - 1. Put all ingredients in blender. Blend until smooth. Enjoy immediately.

