

# Purition: The Hulk Green Protein Smoothie Recipe

## Ingredients

- 40g Purition Strawberry
- Handful of fresh or frozen strawberries
- 1/3 small banana
- 200-250ml milk or nut milk

## Method

1. Combine all ingredients in the blender cup/ jug and blitz until smooth
2. For a super chilled protein shake, add some ice or use frozen berries

## Tips & swaps

- To freeze bananas so they don't stick together: Peel and slice bananas into quarters, arrange in a single layer on parchment-lined baking sheet, freeze until solid (~2 hours), then transfer to freezer bag/ container, keeping pieces separate

