

Strawberry Banana Supreme Shake

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- 4 oz. cold water
- 1 scoop [HMR® 120 Vanilla](#) (or one packet any vanilla HMR Shake mix)
- ½ banana, cut into chunks
- 1 cup frozen strawberries (unsweetened)
- 1 packet non-caloric sweetener

1. Pour water into a blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix. Blend for 10 seconds.
4. Add frozen strawberries, a few at a time.
5. Add banana, then sweetener.
6. Continue blending until smooth.

Calories: 220
Fruit Servings: 1 ½

Try These Other Fruit Mix-ins: Peaches, cherries, mixed berries, pineapple, raspberries