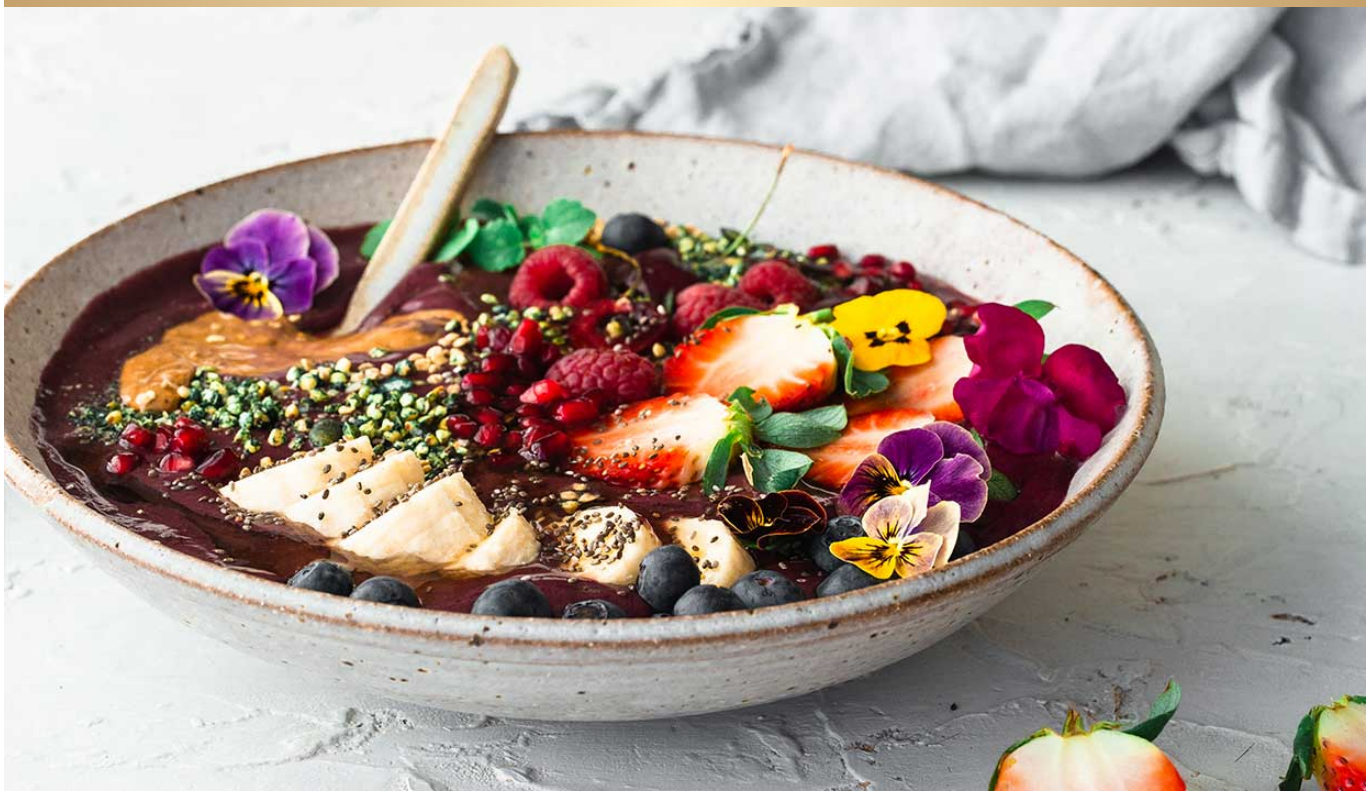


PREP: 5 min
COOK:
SERVES: 2

High Protein Smoothie Bowl

Refreshing, satisfying and nutritious, our protein smoothie bowl is the ultimate way to fuel your body and keep cool in summer. Ditch the fancy fruit and pour into a jar for a quick breakfast on-the-go.

Ingredients

2 tsp acai powder

¼ cup or 1 scoop protein powder

1 large (130g) banana, frozen

1 cup (125g) frozen strawberries

¼ cup (60ml) milk (dairy or plant/nut based)

2 tsp Queen Sugar Free Original Maple Flavoured Syrup

1 tsp Queen Finest Madagascar Vanilla Extract

Method

STEP 1

Place acai powder, protein powder, banana, strawberries, milk, Sugar Free Maple Flavour Syrup and Vanilla Extract in a blender. Blend until smooth. Top with your favorite ingredients and drizzle with maple syrup. Enjoy!

Why not take a photo and share your version with us.
Tag **#queenfinefoods** on Instagram or post to our Facebook page.

Visit queen.com.au for recipes, tips, tutorials, products and to upload your own recipe.