



✂ Smoothie ⏱ 5 min

## Easy Protein Power Chiquita Banana Smoothie

Here's a simple and delicious way to add protein to fresh fruit and juice.

1

Place all ingredients in a blender and puree until smooth

2

Serve immediately

3

Enjoy your Quick Protein Power Chiquita Banana Smoothie

### INGREDIENTS FOR 2 PERSONS

2 whole Chiquita Bananas, sliced  
3 oz. low-fat Greek yogurt  
4/4 cup fresh pineapple juice  
2/2 orange juice

### NUTRITIONAL VALUES PER PERSON

157 kcal Calories  
0.4 g Fat  
0.1 g Saturates  
34.6 g Carbohydrate  
20.9 g Sugars  
3.1 g Fibre  
5.2 g Protein  
0.1 g Salt