



✂ Smoothie ⏱ 10 min

Vanilla protein shake with ripe Chiquita banana

Try our protein shake after your daily workout to repair and rebuild your muscles! Our protein shake recipe is made with Chiquita banana, vanilla, hennep seeds and frozen blueberries. Avoid food waste using your ripe Chiquita bananas.

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Chop the Chiquita bananas in pieces and blend them with the soft curd cheese, blueberries and hemp seeds.

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Pour the shake into the glasses and top them with some blueberries and hemp seeds.

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Note: if you want, you can put some vanilla extract in the shake.

INGREDIENTS FOR 2 PERSONS

2 Chiquita bananas
2 cups of soft curd cheese
1 cup of blueberries
1/3 cup of hemp seed
Vanilla extract by taste
Needed: blender, food processor or hand blender

NUTRITIONAL VALUES PER PERSON

431 Calories
23,4g Fat
8g Saturates
33,3g Carbohydrate
27,7g Sugars
3,9g Fibre
18,4g Protein
0,2g Salt

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Enjoy and share your vanilla protein shake recipe using
#ChiquitaBanana