



Banana Boost Blast



Entire recipe: 82 calories, 0.5g total fat (<0.5g sat. fat), 58mg sodium, 13.5g carbs, 1.5g fiber, 7g sugars, 5.5g protein

Prep: 5 minutes

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Ingredients

- 1 tbsp. (1/2 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
- 1 packet [EBOOST Super Powder](#)
- 1 packet no-calorie sweetener
- 1/3 cup frozen banana coins (about 1/2 medium banana)
- 1 1/4 cups crushed ice (about 10 ice cubes)

Directions

Place protein powder, Super Powder, and sweetener in a tall glass. Add 3/4 cup water, and stir to dissolve.

Transfer to a blender. Add banana and ice. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG FYI: A previous version of the recipe called for [Hungry Girl Your Daily Bright Boost powder](#), which is no longer being produced.

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