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## **Justin's Protein Smoothie**

**Submitted by  
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Boulder, CO**

**12-16 oz of favorite milk beverage (or milk substitute)**  
**1 frozen banana (keep peeled, frozen banana's in a zip lock in your freezer)**  
**4 Tbsp of favorite Justin's (mine is Maple Almond)**  
**½ cup of dry oats**  
**1 Tbsp honey**  
**(optional) add ice or protein powder to thicken**