PRIMAL GUIDE

Strawberry Shortcake Smoothie

PREP 5 MIN • YIELD 1 SMOOTHIE (14 OZ)

INGREDIENTS

- 1 cup raw milk
- ½ cup strawberries
- ½ frozen banana
- 1 tsp vanilla extract
- 1 scoop beef or egg protein
- 1 tbsp honey or maple syrup
- dollop of raw cream (optional)

STEPS

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve immediately.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/strawberry-shortcake-smoothie

Not medical advice. Talk with your doctor about your diet.

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