

Quick & Easy

THE COSTCO WAY

Orgain® Post Workout Protein Smoothie

Makes 1 serving

Ingredients:

1 scoop Orgain® Simple Plant Based Vanilla Powder

1 Tbsp peanut butter

1 frozen banana

½ tsp chia seeds

1 cup almond milk

½ cup water

Instructions:

In a blender, combine protein powder, peanut butter, banana, chia seeds, almond milk and water. Blend until smooth.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

