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# to get protein

## IN YOUR SMOOTHIES WITHOUT USING PROTEIN POWDER

Protein powder is not the only way to supercharge your smoothies with this amazing macronutrient.

Here are five ways to boost the protein content of your smoothie to 20-25 grams per serving without using protein powder while still tasting delicious:

### GREEK YOGURT

Greek yogurt is an excellent source of protein. Add 1 cup (about 240 ml) of Greek yogurt to your smoothie for around 20 grams of protein. It also provides a creamy, dreamy texture and blends well with ice.

### COTTAGE CHEESE

Cottage cheese is another protein-rich option. Add 1/2 to 1 cup of cottage cheese to your smoothie for 12-24 grams of protein. It adds a creamy texture and a slightly "cheesecake" flavor.

### SILKEN TOFU

Silken tofu is a plant-based protein source. Blend 1/2 to 1 cup of silken tofu into your smoothie for 10-20 grams of protein. It adds a creamy consistency without altering the flavor significantly.

### ROLLED OATS

Rolled oats are a high fiber whole grain that can add thickness and protein to your smoothie. Half a cup of rolled oats provides around 5-7 grams of protein.

### BEANS

Cooked and rinsed beans can be surprising but a great source of protein. Add 1/2 cup of black or white navy beans for about 7-8 grams of protein. They also contribute a mild nutty flavor but can easily be masked in smoothie

To create a smoothie without protein powder that hits 20-25 grams of protein, you could add Greek yogurt or cottage cheese alone and hit your protein goal, or mix and match! Try rolled oats with black beans or tofu for a creamy, protein-packed smoothie.

Don't forget that the other fruits and vegetables in your smoothie will also add additional protein so it will all add up!!

