

# Berry Mint Protein Smoothie



COURSE  
Shakes



SERVINGS  
7 serving

CALORIES  
368 kcal

## INGREDIENTS

- 1 c sliced strawberries
- ½ c raspberries
- ½ c grated beet from 1 medium beet
- ⅓ c mint leaves
- ½ Tbsp. chia seeds
- 1 c unsweetened soy milk for soy-free, use soy-free plant milk
- 1 scoop vanilla protein powder for gluten-free, use gluten-free protein powder
- ice + water to desired texture

## INSTRUCTIONS

1. Blend all ingredients together

## NUTRITION

# Nutrition Facts

Berry Mint Protein Smoothie

Amount Per Serving (1 serving)

**Calories** 368      Calories from Fat 90

**% Daily Value\***

**Fat** 10g      **15%**

**Carbohydrates** 28g      **9%**

**Protein** 33g      **66%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!