

Berry Holiday Protein Smoothie



COURSE

Dessert, Shakes



SERVINGS

7 serving



CALORIES

364 kcal

INGREDIENTS

- ½ c cranberries fresh or frozen
- ¼ c unsweetened apple sauce
- 1 medjool date
- ½ c berries any variety fresh or frozen
- ½ c Kite Hill Greek yogurt for soy-free, use a soy-free plant-based yogurt
- ½ tsp nutmeg
- 1 c soy milk can also be used for soy-free, use a soy-free plant-based milk
- stevia to taste
- handful ice

INSTRUCTIONS

1. Blend all ingredients, adding ice and water to get the desired texture.
2. You can pre-bag the frozen fruits together for faster assembly during the week.

NUTRITION

Nutrition Facts

Berry Holiday Protein Smoothie

Amount Per Serving (1 serving)

Calories 364	Calories from Fat 99
% Daily Value*	
Fat 11g	17%
Carbohydrates 44g	15%
Protein 26g	52%

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!