

# Very Berry Smoothie



COURSE  
Shakes, Snack



SERVINGS  
1 serving



CALORIES  
160 kcal

## INGREDIENTS

- 1 c soy milk for soy-free, use a different plant-based milk
- ½ scoop vanilla protein powder
- ½ c frozen strawberries
- ½ c frozen blueberries
- ¼ c frozen raspberries
- ¼ c frozen blackberries

## 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

Very Berry Smoothie

Amount Per Serving (1 serving)

| Calories      | 160 | Calories from Fat | 27  |
|---------------|-----|-------------------|-----|
| Fat           | 3g  | % Daily Value*    | 5%  |
| Carbohydrates | 22g |                   | 7%  |
| Protein       | 14g |                   | 28% |

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



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!