

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
% Daily Value*	
Fat 3g	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!