

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
- ¼ 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!