

The Fruitiest Smoothie



COURSE

Breakfast, Lunch, Shakes, Snacks



SERVINGS

1 serving

CALORIES

384 kcal

INGREDIENTS

- 1/2 medium banana
- 1/2 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup frozen blueberries
- 1/4 of an avocado
- 1 scoop vegan vanilla protein powder
- 1 cup un-sweetened soy milk or other plant milk for soy-free

INSTRUCTIONS

1. Blend adding ice and water to get desired texture.

NUTRITION

Nutrition Facts

The Fruitiest Smoothie

Amount Per Serving (1 g)

Calories 384 Calories from Fat 117

% Daily Value*

Fat 13g **20%**

Carbohydrates 38g **13%**

Protein 31g **62%**

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!