

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!