

Berry Holiday Protein Smoothie



COURSE
Dessert, Shakes



SERVINGS
7 serving

CALORIES
364 kcal

INGREDIENTS

- ½ c cranberries fresh or frozen
- ¼ c unsweetened apple sauce
- 1 medjool date
- ½ c berries any variety fresh or frozen
- ½ c Kite Hill Greek yogurt for soy-free, use a soy-free plant-based yogurt
- ½ tsp nutmeg
- 1 c soy milk can also be used for soy-free, use a soy-free plant-based milk
- stevia to taste
- handful ice

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

Berry Holiday Protein Smoothie

Amount Per Serving (1 serving)

Calories 364 Calories from Fat 99

% Daily Value*

Fat 11g **17%**

Carbohydrates 44g **15%**

Protein 26g **52%**

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!