

BLUEBERRY BANANA SMOOTHIE

147

CALORIES

2g

PROTEIN

38g

CARBS

1g

FAT

INGREDIENTS:

1 C

WATER

1

BANANA

½ C

BLUEBERRIES, FROZEN

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BERRY BLAST SMOOTHIE

137

CALORIES

3g

PROTEIN

26g

CARBS

4g

FAT

INGREDIENTS:

1 C

ALMOND MILK
(CAN SUBSTITUTE OTHER NUT MILK)

½ C

FRESH OR FROZEN STRAWBERRIES

½ C

FRESH OR FROZEN RASPBERRIES

½ C

FRESH OR FROZEN BLUEBERRIES

4-6

ICE CUBES

TWEAK THIS RECIPE BY USING THE BERRIES OF YOUR CHOICE OR THAT ARE LOCAL TO YOU AS WELL AS LARGER OR SMALLER PORTIONS OF EACH BERRY. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

