

## **BERRY PROTEIN SMOOTHIE**

*gluten & dairy free*

*serves 1*

- 1 cup WATER
- 1/2 cup UNSWEETENED VANILLA ALMOND MILK
- 1-2 scoops VANILLA PROTEIN POWDER
- 2 cups FRESH BABY SPINACH
- 1 cup FROZEN MIXED BERRIES
- LIQUID STEVIA or RAW HONEY (optional)

Put all ingredients into a blender, liquids first. Add drops of Stevia or raw honey if more sweetness is desired. Blend until smooth.

*Add almond butter, chia seeds or ground flaxseed for an extra boost of healthy fat & fiber!*

***NUTRITION INFO PER SERVING (w/ 2 scoops protein powder): 330 Calories, Total Fat 4g, Cholesterol 0mg, Total Carbohydrate 48g, Dietary Fiber 12g, Sugars 16g, Protein 33g***