

Michele Sodon

BLUEBERRY BANANA SMOOTHIE

147

Calories

2g

Protein

38g

Carbs

1g

Fat

1 cup water

1 banana

½ cup 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

1 cup almond milk (can substitute other nut milk)

½ cup fresh or frozen strawberries

½ cup fresh or frozen raspberries

½ cup 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.

