



# BLUEBERRY BANANA SMOOTHIE

<b>147</b>	<b>2g</b>	<b>38g</b>	<b>1g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

### INGREDIENTS:

<b>1 C</b>	<b>WATER</b>
<b>1</b>	<b>BANANA</b>
<b>½ C</b>	<b>BLUEBERRIES, FROZEN</b>

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



# BERRY BLAST SMOOTHIE

<b>137</b>	<b>3g</b>	<b>26g</b>	<b>4g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

### INGREDIENTS:

<b>1 C</b>	<b>ALMOND MILK</b> <small>(CAN SUBSTITUTE OTHER NUT MILK)</small>
<b>½ C</b>	<b>FRESH OR FROZEN STRAWBERRIES</b>
<b>½ C</b>	<b>FRESH OR FROZEN RASPBERRIES</b>
<b>½ C</b>	<b>FRESH OR FROZEN BLUEBERRIES</b>
<b>4-6</b>	<b>ICE CUBES</b>

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.

