



Blueberry Protein Smoothie copy

1 serving
5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
10 ozs Unsweetened Almond Milk
(cold)

Nutrition

Amount per serving	
Calories	249
Fat	7g
Carbs	25g
Fiber	7g
Sugar	13g
Protein	24g
Cholesterol	4mg
Sodium	264mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	724mg
Iron	3mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead