



Blueberry Protein Smoothie copy

1 serving 5 minutes

Ingredients

1/4 cup Vanilla Protein Powder1 tbsp Ground Flax Seed1 cup Frozen Blueberries

1 cup Baby Spinach

10 ozs Unsweetened Almond Milk (cold)

Nutrition

Fat7gGarbs25gFiber7gSugar13gProtein24gCholesterol4mgSodium264mgVitamin A2884UVitamin C12mgCalcium724mg	Amount per serving	
Carbs250Fiber70Sugar130Protein240Cholesterol4mgSodium264mgVitamin A2840UVitamin C12mgCalcium724mg	Calories	249
Fiber70Sugar130Protein240Cholesterol4mgSodium264mgVitamin A2884IUVitamin C12mgCalcium724mg	Fat	7g
Sugar13gSugar13gProtein24gCholesterol4mgSodium264mgVitamin A2884ILVitamin C12mgCalcium724mg	Carbs	25g
Protein24Cholesterol4mgSodium264mgVitamin A2884luVitamin C12mgCalcium724mg	Fiber	7g
Cholesterol4mgSodium264mgVitamin A2884lLVitamin C12mgCalcium724mg	Sugar	13g
Sodium264mgVitamin A2884lLVitamin C12mgCalcium724mg	Protein	24g
Vitamin A 2884IL Vitamin C 12mg Calcium 724mg	Cholesterol	4mg
Vitamin C 12mg Calcium 724mg	Sodium	264mg
Calcium 724mg	Vitamin A	2884IU
	Vitamin C	12mg
	Calcium	724mg
Iron 3mg	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