

## Berry Smoothie

Makes 2-3 servings

### Ingredients

- $\frac{3}{4}$  cup of plain yogurt
  - $\frac{1}{2}$  cup of skim milk
  - 1 banana
  - $\frac{1}{2}$  cup of berries-assorted
- OPTIONAL
- 1 tbsp of flax
  - 2 tbsp of almond butter
  - $1\frac{1}{2}$  scoops of whey protein powder

### Directions

- ☞ Whirl all - except Whey Protein Powder - smoothie ingredients together in blender
- ☞ Once the strawberries are pulverized, run the blender while adding the protein powder.



270 Calories per serving

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