



Breakfast, Beverages

Mixed Berry Protein Smoothie

Prep time: Cook Time: Servings: 1

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Frozen Mixed Berries			4/Oz.
Vanilla Protein Powder			1/scoop
Banana			1/
Whole Milk			8/Oz.
Ice Cubes			1/2/Cup

Instructions

1. Place all of the ingredients into a blender and puree smooth.
2. Serve immediately.

