Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers
Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size
One serving is equal to approximately two cups.

Soy-Free
Use coconut milk or oat milk instead.

More Fiber
Add in some chopped leafy greens like spinach or kale.

Consistency
If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

Ingredients

1 1/2 cups Soy Milk

1/4 cup Vanilla Protein Powder

2 tbsps Hemp Seeds

1/2 cup Blueberries (fresh or frozen)

1/2 cup Raspberries (fresh or frozen)

1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	523	Vitamin D	0IU
Fat	25g	Vitamin E	5mg
Saturated	3g	Vitamin K	30µg
Carbs	42g	Thiamine	0.6mg
Fiber	10g	Riboflavin	1.4mg
Sugar	24g	Niacin	5mg
Protein	39g	Vitamin B6	0.5mg
Cholesterol	4mg	Folate	89µg
Sodium	213mg	Vitamin B12	3.7µg
Potassium	1074mg	Phosphorous	914mg
Vitamin A	63IU	Magnesium	304mg
Vitamin C	23mg	Zinc	5mg
Calcium	652mg	Selenium	15µg
Iron	5mg		

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