

VERY BERRY SMOOTHIE

Enjoy a refreshing and nutritious start to your day with the Very Berry Smoothie, crafted to support your health goals. This delightful blend includes two scoops of Pure Vitality Vanilla Protein Powder, mixed with 8-10 ounces of your choice of unsweetened coconut, almond, or cashew milk. Add a cup of fresh or frozen organic berries for a burst of natural sweetness and antioxidants, along with a cup of frozen cauliflower rice to sneak in some extra veggies. A tablespoon of MCT oil provides a boost of healthy fats, enhancing mental clarity and energy levels. Optionally, add ice for a chillier treat and sweeten with Stevia to your liking. Simply blend all ingredients until creamy and frothy, and enjoy this delicious smoothie right away.





Ingredients

- 2 Scoops Pure Vitality Vanilla Protein Powder
- 8-10 oz unsweetened coconut, almond or cashew milk
- 1 Cup frozen or fresh organic berries (no added sugar)
- 1 Cup frozen cauliflower rice
- 1 Tbsp MCT oil
- 1 Cup ice (optional)
- Stevia to taste

Instructions

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.