



VERY BERRY SMOOTHIE

By Dr. Cindy Tanzar

Indulge in a refreshing Very Berry Smoothie, a delightful blend packed with flavor and nutrients! This vibrant smoothie combines creamy vanilla protein powder with unsweetened coconut, almond, or cashew milk for a rich and smooth base. Bursting with sweet, juicy goodness from organic berries, this drink offers a frosty texture and a perfectly balanced flavor that can easily be adjusted to your taste. Wholesome and satisfying, this smoothie is not only a delicious treat but also a fantastic way to fuel your day with essential protein and antioxidants, making it ideal for breakfast or as a post-workout refreshment!

Makes 1 serving.



INGREDIENTS

- 1-2 Scoops Vanilla Protein Powder
- 10-12 oz. unsweetened coconut, almond or cashew milk
- 1 Cup frozen or fresh berries
- 1 Cup ice, optional
- Stevia to taste

INSTRUCTIONS

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