

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

