

SMOOTHIE

Serves: 1

Glycemic Load: 10



Banana Berry Blend

Ingredients:

½ cup blueberries, fresh or frozen

½ ripe banana

½ cup almond milk

1 Tbsp chia seeds

2 scoops [protein powder](#)

6 Ice cubes

Filtered water

Method:

Smash ice in a blender .

Mix almond milk and protein powder in a shaker bottle.

Add berries and banana to the blender.

Add the milk and protein mixture to the blender

Blend until smooth adding extra filtered water to achieve desired consistency.