BERRY BLISS SMOOTHIE

Boost your immune system with these high vitamin C fruits to keep you healthy all year round! The added protein makes this a perfect post-workout drink!

Ingredients:

- 2 Scoops vanilla Dotfit protein powder
- 1/2 cup of fresh blueberries
- 1/2 cup of fresh strawberries
- 1/2 cup of fresh raspberries
- 1 1/2 cup unsweetened vanilla almond milk (or milk of choice)



Directions:

Place all ingredients in a blender and blend until smooth. Add crushed ice for a rich milkshake effect :)

NUTRITION PER SERVING:
(1 really large shake or make into two smaller smoothies)

Calories 421, 46g protein, 39g carbs, 8g fiber, 14g sugar, 12g fat, 0mg chol, 792mg sodium

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