RED, WHITE, AND BLUE!

A power smoothie for you in the spirit of 4th of July! Here's what you're going to get: antioxidants, anti-inflammatory goodness, fiber, protein, healthy fats, and deliciousness!

Ingredients:

- 1 cup unsweetened nut milk (we used cashew milk)
- 1/2 cup fresh or frozen strawberries (we used frozen)
- 1/2 cup fresh or frozen blueberries (we used frozen)
- 1T unsweetened coconut flakes or shreds (optional)
- 1 scoop vanilla protein powder (we used vanilla Dotfit vegan)
- 1 tsp vanilla extract
- 1 tsp chia seeds



Directions:

Place all the goodies above in your high-speed blender and blend for around 30-45 seconds until smooth. Enjoy this drink first before you partake in all of your 4th of July fun ·

NUTRITION PER SERVING:

Makes 1 serving! Calories 313, Protein 24g, Carbs 29g, Fiber 7g, Sugar 11g, Fat 11g, Sat Fat 4g, Chol 0mg, Sodium 443mg