

## SMOOTHIE/SHAKE RECIPE

### Very Berry Super Shake

- 6 oz water or can use fairlife© milk for extra protein.
- 1/2 cup spinach
- 1 cups frozen mixed berries
- 1/4 cup plain low-fat yogurt
- 1 scoops vanilla protein powder
- 1 tbsp walnuts
- 1 tbsp ground flaxseed

Mix in a blender and enjoy.

*250 calories, 29 g protein, 27 g carbs, 7 g fiber, 6 g fat*