

Very Berry Protein Smoothie

Bursting with berry flavor and creamy vanilla goodness, this refreshing smoothie delivers on taste and nutrition with 28g protein and 8g of fiber.



Servings: 1



Prep time: 5 minutes



Ingredients

- 1 bottle of Muscle Milk® Protein Vanilla Crème shake (14oz)
- 1/2 cup of frozen strawberries
- 1/4 cup of frozen blueberries
- 1/4 cup of frozen raspberries
- 1 teaspoon of chia seeds



Instructions

- Pour the Muscle Milk® Protein Vanilla Crème shake into the blender jar.
- Add the frozen strawberries, blueberries, and raspberries.
- Incorporate the chia seeds.
- Blend at high speed until the mixture is completely smooth.
- Check the consistency; if you prefer it thicker, add a few ice cubes & blend again.
- Serve immediately in a tall glass.
- Garnish with a few fresh berries on top.



Nutrition Info

Calories: 260
Total fat: 3 g
Saturated fat: 1 g
Sodium: 330 mg
Total Carbohydrates: 20 g
Dietary Fiber: 8 g
Total Sugar: 12 g
Added Sugar: 0 g
Protein: 28 g

