



Berry Smoothie

1 serving
15 minutes

Ingredients

1/2 cup Soy Milk
1 cup Frozen Berries
1/2 cup Water
1 3/4 ozs Avocado
1 1/2 tsps Chia Seeds
1 1/2 tsps Ground Flax Seed
1 tbsp Hemp Seeds
4 Mint Leaves
1 serving Protein Powder

Nutrition

Amount per serving	
Calories	388
Fat	13g
Saturated	1g
Carbs	38g
Fiber	10g
Sugar	18g
Protein	30g
Sodium	265mg
Vitamin C	40mg
Calcium	193mg

Directions

- 1 Lightly defrost the berries by heating in the microwave for 20-30 seconds or leaving them out for 7-10 minutes.
- 2 In a blender, add berries, avocado, chia, ground flax, hemp seeds, mint leaves, soy milk and water. Pulse to blend until all ingredients become smooth in consistency.
- 3 If the mixture is too thick, add water or crushed ice as desired to thin out the smoothie.
- 4 Once desired consistency is reached, add in 2 scoops of Perfect Protein Powder and give 3-4 pulses until powder is mixed into smoothie.
- 5 Serve in a large glass or tumbler and enjoy!