

Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

Nutrition

Calories	207	Cholesterol	4mg
Fat	4g	Sodium	69mg
Carbs	23g	Vitamin A	2884IU
Fiber	7g	Vitamin C	12mg
Sugar	13g	Calcium	190mg
Protein	22g	Iron	3mg