

High Protein Fruit Smoothie



Ingredients:

- ½ cup frozen berries (unsweetened)
 - 1 scoop of unflavored protein powder*
 - ½ cup unsweetened almond milk
- *Use a protein powder with at least 20g of protein
Per scoop.

Directions:

1. In a blender mix all ingredients until smooth.
2. Pour in a serving cup and enjoy.

Nutrition Information:

Serving size*: 1

Calories per serving: 145

Total protein per serving: 20g

Servings per recipe: 1

Total fat per serving: 1 g

Total carbohydrates per serving: 15g

Nutritional Benefits:

This tasty high protein recipe can be used as breakfast or afternoon snack to ensure you are meeting your protein needs.

*Serving size that is suggested for post-operative bariatric patients

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