



Triple Berry Smoothie (Dairy Free, Vegan)

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

143.1 calories, 12.27 g carbohydrate, 3.97 g fiber, 8.3 g NET carbs, 13.54 g protein, 5.6 g fat

Ingredients

- 1 scoop Jay Robb's Strawberry Sprouted Brown Rice Protein Powder
- 2 cup(s) So Delicious Unsweetened Coconut Milk
- 1/3 cup(s) organic frozen blueberries
- 1/2 cup(s) organic frozen strawberries
- 1/3 cup(s) frozen organic raspberries, unsweetened

Preparation

1. Add coconut milk, protein, blueberries, strawberries, and raspberries to a blender.
2. Mix on high until smooth; about 2 minutes.

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