



## Super "C" Strawberry Smoothie (Dairy Free)

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

### Nutrition Information Per Serving

149.6 calories, 10.79 g carbohydrate, 1.5 g fiber, 7.29 g NET carbs, 24.74 g protein, 0.28 g fat

#### Ingredients

- 2 Scoop(s) Jay Robb Strawberry Egg White Protein
- 1 cup Cascadian Farms Organic Strawberries
- 1 tsp Navitas Naturals Organic Camu Powder
- 1/2 medium(s) organic cucumber, peeled
- 1 medium organic kiwi
- 2 cup(s) filtered or spring water
- 3 tsp(s) organic lemon juice

#### Preparation

1. Add all ingredients to a VitaMix or blender.
2. Blend until smooth.
3. Serve.

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