

MIXED BERRY SHAKE (PW)

PRELUDE

Berries are an incredible source of antioxidants, and should not be neglected in any healthy diet. This shake provides a berry fix, together in a delicious, refreshing shake with, you guessed it, protein.

INGREDIENTS

1 cup frozen strawberries
 1/2 cup frozen blackberries
 1/2 cup frozen blueberries
 1/2 cup nonfat plain yogurt
 1 scoop vanilla whey protein
 1 tbsp honey
 1 cup ice

Prep Time – 5 minutes

Difficulty Level – Easy

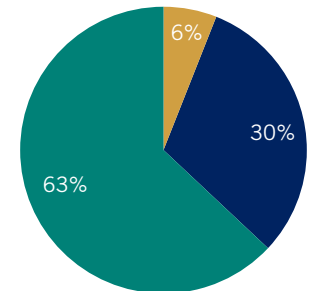
Servings – 1

INSTRUCTIONS

Combine all of the ingredients in a blender and blend on medium-high until smooth and creamy. You may have to add a little water, but do so one tablespoon at a time, just until the shake starts blending. Splenda may be added for additional sweetness.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	382
Protein (g)	31
Carbohydrates (g)	64
fiber (g)	10
sugars (g)	53
Fat (g)	3
SFA (g)	1
MUFA (g)	1
PUFA (g)	1
Omega-3 (g)	0.2
Omega-6 (g)	0.3



Protein
 Carbs
 Fats