

Triple Berry Smoothie

TOTAL TIME: prep time 5 minutes

Yields: 2 servings

Ingredients

- 1 banana
- 1 c. frozen strawberries
- 1 c. frozen blackberries
- 1 c. frozen raspberries
- 1 1/4 c. almond milk (or milk of your choice)
- 1/2 c. Greek yogurt



Directions

1. In a blender, combine all ingredients and blend until smooth.
2. Divide between 2 cups and top with blackberries, if desired.

Nutrition Facts:

Serving Size: 1 smoothie Calories: 317 Sugar: 40.5g Sodium: 159.8mg Fat: 1.6g
Saturated Fat: 0.4g Trans Fat: 0g Carbohydrates: 60.9g Fiber: 8.5g Protein: 40.5g
Cholesterol: 9.2mg

<https://www.delish.com/cooking/recipe-ideas/a24892347/how-to-make-a-smoothie/>