



# Berry Almond Bliss



**2 Servings**



**5 Minutes**

## INGREDIENTS

- 1 Cup Almond Milk: 30 Calories, 1g Protein
- 1 Banana: 105 Calories, 1.3g Protein
- 1/2 Cup Frozen Mixed Berries: 35 Calories, 0.5g Protein
- 1/2 Cup Greek Yogurt: 65 Calories, 5.5g Protein
- 2 Tablespoons Almond Butter: 188 Calories, 6.8g Protein
- 1 Tablespoon Chia Seeds: 58 Calories, 2g Protein
- 1 Tablespoon Honey: 64 Calories, 0.1g Protein

**Total Calories: 545 Calories**

**Total Protein: 17.2g Protein**

## DIRECTIONS

1. Pour the almond milk into the blender.
2. Add the banana and frozen mixed berries to the blender.
3. Spoon in the Greek yogurt.
4. Add the almond butter to the mixture.
5. Sprinkle the chia seeds into the blender.
6. Add the honey for sweetness.
7. Blend all the ingredients for 1 to 2 minutes until smooth and creamy. If the shake is too thick, add a little more almond milk and blend again.
8. Pour into a glass and add ice if desired.
9. Enjoy immediately as a nutritious and delicious meal replacement.

