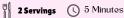


Berry Almond Bliss



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 vogurt.
- 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.
- o. Enjoy immediately as a nutritious and delicious meal replacement.

