

# Berries & Cream Smoothie

 Ready in 10 minutes



Meal Type:  
**SNACK (PROTEIN/FRUIT)**

Preparation Difficulty:  
**EASY**

Program Phase:  
**ALL PHASES**

Preparation Time:  
**PREP: 10 minutes**  
**COOK: 0 minutes**



## INGREDIENTS ( 1 SERVING):

1 cup frozen unsweetened mixed berries

1 cup low fat plain Greek yogurt (female) OR 1 and 1/2 cups low fat plain Greek yogurt (male)

1 cup unsweetened almond milk (or another nut milk)

1/2-1 tsp stevia or monkfruit (optional)

1. Measure out all ingredients.
2. Add everything to a blender and blend until smooth.
3. Pour in a glass or to go cup and enjoy!



**TIP: IF YOU HAVE UNUSED BERRIES ON THE VERGE OF GOING BAD, DON'T THROW THEM OUT! FREEZE THEM INSTEAD TO USE FOR SMOOTHIES**

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