

Berry Spinach Smoothie

Prep Time: 5 minutes

Yield: 1 serving

INGREDIENTS

1 cup almond, coconut or 2% milk

1 tablespoon chia seeds

1 cup spinach

½ cup non-fat Greek yogurt

1 cup frozen berries

1 scoop SFH protein powder

PREPARATION

1. Add almond milk, chia seeds, spinach, yogurt, frozen berries and protein powder to a blender. Blend until smooth.

Nutrition Facts for one serving: 350 calories; 7g total fat; ;32g carbohydrates; 41g protein