IMF IMpowered Fitness

BLUEBERRY BANANA SMOOTHIE

147	2g	38g	1g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

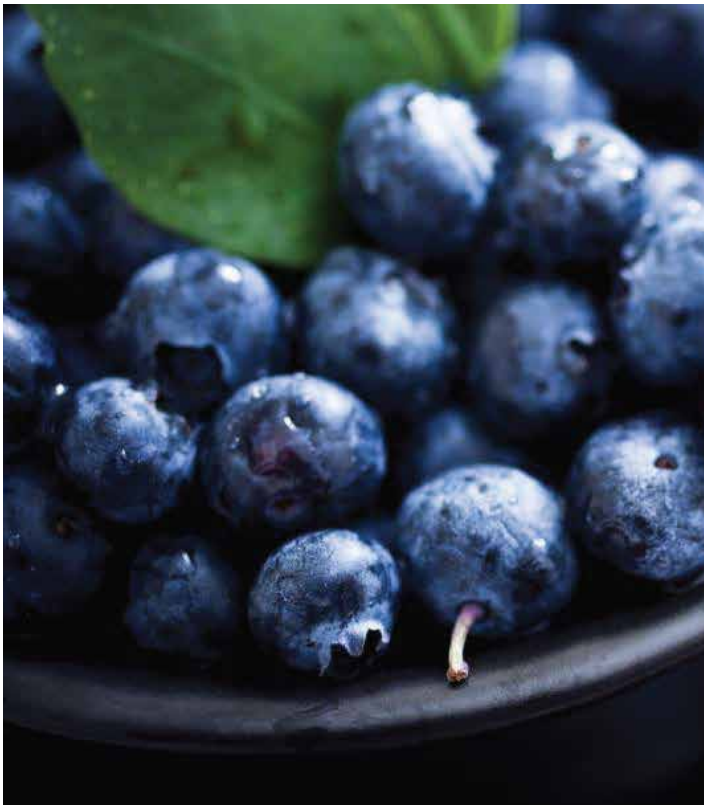
1 C	WATER
1	BANANA
½ C	BLUEBERRIES, FROZEN

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BERRY BLAST SMOOTHIE

137	3g	26g	4g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	ALMOND MILK (CAN SUBTITUTE OTHER NUT MILK)
½ C	FRESH OR FROZEN STRAWBERRIES
½ C	FRESH OR FROZEN RASPBERRIES
½ C	FRESH OR FROZEN BLUEBERRIES
4-6	ICE CUBES

TWEAK THIS RECIPE BY USING THE BERRIES OF YOUR CHOICE OR THAT ARE LOCAL TO YOU AS WELL AS LARGER OR SMALLER PORTIONS OF EACH BERRY. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.