

Banana Berry Blast Smoothie Recipe

The Ingredients:

- 1 cup of Frozen Organic Mixed Berries or Fresh:
- 1/4 cup Blueberries
- 1/4 cup of Raspberry
- 1/4 cup of Blackberry
- 1 cup almond milk (or other plant or nut based preferred milk, it may alter taste)
- 1/2 of frozen banana or fresh ripened
- 1/2 cup ice cubes
- 1/2 cup of water

Instructions:

- 1.) Peel banana cut into medium or bite size pieces. Wash berries.
- 2.) Add ice, milk and fruit into blender.
- 3.) Blend until fully mixed and creamy.

Servings 2 large glasses



Nutrition Facts

Serving size: 1 cup
Servings: 2

Amount per serving	
Calories	328
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 25.4g	127%
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 19.6g	7%
Dietary Fiber 5.8g	21%
Total Sugars 11g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 3mg	14%
Potassium 488mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.