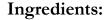


High Protein Fruit Smoothie



- ½ cup frozen berries (unsweetened)
- 1 scoop of unflavored protein powder*
- ½ cup unsweetened almond milk
 *Use a protein powder with at least 20g of protein
 Per scoop.





Directions:

- 1. In a blender mix all ingredients until smooth.
- 2. Pour in a serving cup and enjoy.

Nutrition Information:

Serving size*: 1 Servings per recipe: 1
Calories per serving: 145 Total fat per serving: 1 g

Total protein per serving: 20g Total carbohydrates per serving: 15g

Nutritional Benefits:

This tasty high protein recipe can be used as breakfast or afternoon snack to ensure you are meeting your protein needs.

*Serving size that is suggested for post-operative bariatric patients Picture provided by Google (labeled for reuse)



