



Banana Berry Blast Smoothie Recipe



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Servings: 4 servings at 8 oz cups/mini mason jar

** a lesson is attached to this recipe*

Contains: Natural Sugar, Nut Milk

Nutrition Facts

Serving size: 8 oz

Servings: 4

Amount per serving

Calories **164**

% Daily Value*

Total Fat 14.5g **19%**

Saturated Fat 12.7g **64%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 9.8g **4%**

Dietary Fiber 2.9g **10%**

Total Sugars 5.5g

Protein 1.8g

Vitamin D 0mcg **0%**

Calcium 16mg **1%**

Iron 1mg **7%**

Potassium 244mg **5%**

*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.

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)
- 1/2 of frozen banana or fresh ripened
- 1/2 cup ice cubes
- 1/2 cup

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.

