

Smoothie Recipe

- Premier protein shake
- ½ c Frozen avocado
- 1 c Frozen blueberries, or dark sweet cherries

Directions: Mix one premier protein shake with one cup of frozen blueberries and 1/2 cup of frozen avocado chunks. Blend for 1 minute. I use this as a snack. The avocado sustains you from being over-hungry.

Calories: 336

Nutrition in Grams

- Protein 31
- Carbs 29
- Fiber 11
- Fat 13
- Cholesterol 26
- Calcium 51
- Iron 26
- Saturated fat 2, Other fats 0
- Sugar 14

