

# Banana Berry Smoothie



**Vegan version - 7g Protein, makes 2 cups**

Ingredients:

- 1 cup frozen berries
- 1 frozen banana (I find it best to slice it and freeze the slices)
- 1 cup Almond Milk
- 2 Tbs Chia Seeds (optional, but adds more protein)

Instructions:

- Combine all ingredients in a blender. Blend until smooth.