

# SMOOTHIE WITH PROTEIN POWDER

*Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 2 servings, 1/2 recipe each

## Nutrition (per serving)

Calories: 120

Total Fat: 1.5 g

Saturated Fat: 0 g

Sodium: 190 mg

Total Carbohydrate: 10 g

Dietary Fiber: 0 g

Total Sugars: 7 g

Protein: 18 g

## Ingredients

½ cup skim milk (or low fat milk of choice)

½ cup Greek yogurt (plain 0% fat, or sugar free 0% fat vanilla)

1 scoop sugar free protein powder (any flavor)

¼ cup of your favorite frozen berries (raspberries, blueberries, strawberries)

Mix-in ideas: 1 tablespoon sugar free maple syrup, ½ teaspoon vanilla, a handful of spinach, 1 teaspoon cacao nibs, 1 tablespoon chia, hemp, or flax seeds, ½ teaspoon cinnamon, 1 teaspoon turmeric

## Directions

Add all ingredients into a blender. Add more frozen fruit or ice cubes for a thicker consistency if desired.

Nutrition information for skim milk + plain non fat greek yogurt + frozen blueberries + protein powder