

SMOOTHIE

INGREDIENTS

2 frozen bananas
1 cups frozen or fresh berries
2 cups skim, soy, or rice milk
1 cup plain Greek yogurt
2 T. ground flaxseeds

INSTRUCTIONS

Place all ingredients in a blender. Blend until smooth.



Nutrition per Serving*

makes two servings

Kcal: 353

Protein: 24 grams

Carbohydrate: 58 grams

Fat: 4 grams

IGNITE
NUTRITION PROGRAM