

# Berry Nutritious Smoothie

Serves 1

## Ingredients:

- 1 cup berries
- 1 cup oat milk
- 1 tsp ground flax seed
- 2 scoops protein powder



## Directions:

Put all ingredients in blender and blitz for a minute. Taste and check consistency. Add more milk to make it thinner and more ice for thickness.

## Nutrition Facts

**Calories 219**  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 3.7g	5%
Saturated Fat 0.5g	2%
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 193mg	8%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 41g	13%
Dietary Fiber 6g	22%
Total Sugars 21g	
<b>Protein</b> 1g	

Vitamin D 1mcg 12% · Calcium 199mg 19% · Iron 4mg 22% · Potassium 282mg 5%

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.