



MY WELLNESS JOURNEY

BERRY ALMOND PROTEIN SMOOTHIE RECIPE

I absolutely love this smoothie recipe and look forward to having one every day. This delicious smoothie makes a perfect quick breakfast, pre- or post-workout snack or afternoon energizer. Our [Ultimate Protein](#) is packed with 15g of protein and an array of micronutrients, including activated B vitamins and chelated minerals. It is also free of gluten, dairy, lactose, other common allergens, soy, and fructose! Our [Optimum Energy](#) is an energizing and detoxifying biotransformation shake that features 18g of protein, activated B vitamins, chelated minerals, detoxifying glucoraphanin, and 2.5g of our Max Gut Builder. The whole coffee fruit blend in this one gives you that extra energy boost throughout your day! Either one of our shake mixes is great on its own mixed with water, but this recipe makes them into a very special treat.

INGREDIENTS:

8-10 oz. unsweetened almond or coconut milk
6 organic frozen strawberries
1 tbsp sliced raw almonds
2 scoops [Ultimate Protein](#) French Vanilla or [Optimum Energy](#) Vanilla
 Latte shake mix from My Wellness Journey

DIRECTIONS:

Combine all ingredients in blender and blend until smooth. I love the single serve cups that come with my Ninja Blender. It's a huge time saver to be able to blend and drink out of the same cup. Enjoy!