



VERY BERRY SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

This shake is great for the detox week. If using after detox week, this recipe covers ½ Protein and Fruit at your meal. Feel free to add an additional scoop of protein powder to cover your protein, and a tbsp of MCT oil or butter for your Fat.

Makes 1 serving.



INGREDIENTS

- 1 Scoop Vanilla Protein Powder
- 1 Cup (8 oz) unsweetened coconut, almond or cashew milk
- 1 Cup frozen or fresh organic berries (no added sugar)
- 1 Cup ice
- Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.