

Berry Blast Protein Smoothie

A vibrant berry smoothie bursting with flavor, in a tall glass garnished with fresh mint and mixed berries.

Ingredients:

- *1 cup mixed berries (fresh or frozen) – e.g. blueberries, strawberries, raspberries*
- *1 small banana (preferably frozen, for creaminess)*
- *1/2 cup Greek yogurt (or a plant-based yogurt)*
- *1 scoop vanilla or unflavored protein powder (whey or plant-based)*
- *1 cup milk of choice (almond, dairy, etc.)*

- *1 tsp honey or agave (optional, if additional sweetness is needed)*

Instructions:

1. ***Blend:*** *Add all ingredients to a blender. Blend on high until smooth and creamy, pausing to scrape down sides if needed.*
2. ***Adjust Consistency:*** *If it's too thick, add a bit more milk. If too thin, add a few more berries or ice cubes and blend again.*
3. ***Serve:*** *Pour into a glass. You can garnish with extra berries on top. Enjoy immediately while cold.*

Health Benefits: *This berry smoothie is rich in **antioxidants** from the mixed berries, which help combat inflammation and aid muscle recovery after exercise. The Greek yogurt and protein powder provide high-quality protein for*

***muscle repair** and growth. Berries also contribute fiber for **healthy digestion**.*