



Protein Berry Smoothie

- ½ cup skim milk
- ½ cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- ¾ cup frozen mixed berries
- 1 Tbsp wheat germ
- 3-4 ice cubes (optional)

Place all ingredients in a blender and mix until smooth.

For those who can't consume dairy, try Coconut Milk Yogurt, dairy (Lactose) free Protein Powder and non-dairy milk such Silk, Rice Dream, Almond Milk, Hemp Bliss, or Coconut Milk. Always check the labels closely, as some of these are higher in sugar and fats than others.

I like to use this recipe in the late afternoon or evening when I get a sweet tooth. For an added treat, try a ½ of a frozen banana and a few less berries. This is a large smoothie and can fill you up without weighing you down 😊

Makes 1 large smoothie and takes only minutes to prepare.

Recipe given to me from Francisca Dennis, Figure Competitor and Model
(You can find this recipe, along with others at PolsonFitness.com!)