



Berry Crunch Smoothie

Ingredients:

- ¼ cup All Bran cereal
- 1 cup water
- 1 scoop Precision Nutrition whey protein powder or similar (tested)
- ½ cup vanilla or fruit yogurt (e.g. Activia)
- 1 cup frozen mixed berries
- 3 ice cubes
- water as need to achieve consistency

Making it:

1. Combine all ingredients in a blender.
2. Blend until smooth.

Tips and Hints:

- Use milk instead of water to boost up calories, calcium and vitamin D.
- Nutritional information may vary slightly depending on yogurt brand use.
- If you want to skip the protein powder, use milk instead of water and add 2-3 tbs milk powder and a drop of vanilla extract.

NUTRITION FACTS

Servings: 1
Serving Size: 1 smoothie

Total Calories	400
Carbohydrate	66 g
Total Fat	5 g
Protein	31 g
Fiber	16 g

Prep Time: 5
Cook Time: 0