

Apple Berry Smoothie

2-3 Servings

1 1/2 Cup Unsweetened Plant Milk

1 Frozen Bananas

1/2 Cup Frozen Blackberry & Raspberry Mix

1/2 Cup Frozen Strawberries

1 Cup Purple Cabbage

1 Apple Sliced

2 Figs

1 Scoop VeganSmart Protein Powder

Calculated Per Serving

Calories

256

Carbs

41g

Fat

3g

Protein

16g

Fiber

10g

