

# Banana Berry Smoothie

## 3 Servings

1 Cup Unsweetened Almond Milk

3/4 Cup Frozen Blueberries

1 1/2 Frozen Bananas

3/4 Cup Frozen Strawberries

1 Tbsp Honey or Coconut Nectar

1 Cup Purple/Red Cabbage

1 Scoop Illumin8 Vanilla Protein Powder



### Calculated Per Serving

Calories

166

Carbs

29g

Fat

3g

Protein

8g

Sodium

108mg

