

Cranberry Muffin Smoothie

3-4 Servings



1 1/4 Cups Unsweetened Plant Milk

2 Frozen Bananas

1 Cup Frozen Cranberries

1 Cup Whole Oats

3 Whole Dates

Calculated Per Serving

1 Scoop VeganSmart Protein Powder

Calories

196

Carbs

30g

Fat

4g

Protein

10g

Fiber

7g

