



# Tropical Blueberry Smoothie

## 3-4 Servings

1 1/2 Cups Unsweetened Plant Milk

1 1/2 Frozen Bananas

1 Cup Frozen Pineapple

1 Cup Frozen Blueberries

1/2 Lime Squeezed

1 Cup Purple Cabbage

1 Scoop VeganSmart Protein Powder



### Calculated Per Serving

Calories

196

Carbs

30g

Fat

4g

Protein

10g

Fiber

7g

