

Berry Power Protein Smoothie

1 C almond milk
1/2 C Greek yogurt
1 scoop vanilla protein powder (or your preferred flavor)
1/2 C fresh blackberries
1/2 C fresh blueberries
1/2 C pomegranate seeds

1/2 C orange juice
1 t orange zest
1/2 t ground cinnamon
1/4 t ground nutmeg
1/2 C vanilla ice cream (optional, for a dessert smoothie)
1 T honey (optional, for sweetness)

BLEND THE INGREDIENTS:

In a blender, combine the almond milk, Greek yogurt, protein powder, blackberries, blueberries, pomegranate seeds, orange juice, orange zest, cinnamon, nutmeg, and honey.

BLEND UNTIL SMOOTH:

Blend on high until the mixture is smooth and creamy.

ADD ICE CREAM (OPTIONAL):

For a dessert smoothie, add the vanilla ice cream and blend until smooth.

SERVE:

Pour into a glass and enjoy immediately.

NOTE ON PROTEIN POWDER

You can find protein powder at most grocery stores, health food stores, or online retailers. A well-reviewed option is **Transparent Labs Whey Protein Isolate**, which is praised for its high protein content and quality ingredients. Another excellent choice is **Orgain Organic Protein Plant Based Protein Powder**, known for its plant-based ingredients and great taste.