



The Low-Carb Antioxidant Berry (Strawberry Almond)

Macros: 185 Calories; 26g Protein; 8g Carbs; 6g Fat

Ingredients

- 1 scoop (approx. 30g) strawberry or unflavored protein powder
- 1 cup unsweetened coconut milk (from a carton, not canned)
- 1/3 cup frozen mixed berries (raspberries, blackberries, strawberries)
- 1 tbsp ground flaxseed
- Water to thin, if necessary

Directions

- Pour the coconut milk into the blender.
- Add the protein powder, frozen berries, and ground flaxseed.
- Blend on high until the berry seeds are fully broken down. Add a splash of water if the consistency is too thick.