



INVICTUS
SPORTS PERFORMANCE & FITNESS



THE LOW-CARB ANTIOXIDANT BERRY

(STRAWBERRY ALMOND)

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)
- ½ cup frozen mixed berries (raspberries, blackberries, strawberries)
- 1 tbsp ground flaxseed
- Water to thin, if necessary

DIRECTIONS

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