



Very Berry Protein Smoothie

Fruit smoothies are great for an in-between-meals snack — with the added Muscle Milk protein, this smoothie is convenient and delicious!

Serving Size: 1 serving

Preparation Time: 5 minutes

Ingredients

- 1 bottle of Muscle Milk® Protein Vanilla Crème Shake (14oz)
- 1/2 cup of frozen strawberries
- 1/4 cup of frozen blueberries
- 1/4 cup of frozen raspberries
- 1 teaspoon of chia seeds
- 1/2 teaspoon of vanilla extract (optional)

Directions

- Pour the Muscle Milk® Protein Vanilla Crème Shake into a blender.
- Add the frozen strawberries, blueberries, and raspberries.
- Incorporate the chia seeds and vanilla extract.
- Blend at high speed until the mixture is completely smooth.
- Check the consistency. If you prefer a thicker consistency, add a few ice cubes and blend again.
- Serve immediately in a tall glass.
- Garnish with a few fresh berries on top, if desired.