

Berry, Spinach, Chia Smoothie

1 cup fresh or frozen mixed berries

1 Tbsp Chia Seed

1 cup organic greens (Kale, spinach, chard)

1 scoop plant based protein powder –mixed berry flavor (Walmart-pharmacy section)

1 cup unsweetened milk (almond, coconut, or cashew)

½ cup crushed ice

Combine first five ingredients in a blender. Add ice and blend until smooth.

Nutrition facts:

300 Calories ,18 g protein,35 g carbs,7 g fiber ,3 g omega 3 fats

7 a day challenge points = 2 serving s of fruit & 1 serving of vegetables