

## **Balanced Berry Smoothie**

Smoothies can be a great on-the-go meal or snack option but so often they are loaded with lots of fruit and light on fat and protein which can lead to swings in blood sugar levels. This version keeps everything in balance and manages to sneak in some vegetables too - I promise, you won't even be able to tell!

Prep Time: 5 mins

Total Time: 5 mins

Makes: 1 serving

### **Ingredients:**

½ cup frozen mixed berries

½-1 cup frozen cauliflower rice

¼ cup full fat canned coconut milk

2 scoops protein powder

1 teaspoon vanilla, optional

Water or alternative milk to get desired consistency

### **Directions**

1. Place all ingredients in a blender; blend until smooth.

Tip: For extra fiber try blending in a tablespoon of chia, hemp or flax seeds. You can also adjust the sweetness with a bit of honey, maple syrup or a date if needed.