

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Blueberry Mint Smoothie



INGREDIENTS

- $\frac{1}{2}$ scoop Premier Protein 100% Whey Protein Powder: Vanilla Milkshake
- 2 cups blueberry
- 2 cups spinach
- 1 kiwi
- 2-3 mint leaves
- 1 cup almond milk
- 1 cup ice

DIRECTIONS:

Add all ingredients to blender. Blend all ingredients until smooth, and enjoy!