Berry Boost Protein Smoothie

A refreshing, low-carb smoothie packed with protein and fiber to power your day and support lean muscle.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup fresh strawberries, hulled
- 1 scoop vanilla protein powder
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk
- 4-5 ice cubes

Instructions

1. Add the fresh strawberries, protein powder, ground flaxseed, and unsweetened almond milk into a blender.
2. Blend on high until smooth and creamy, about 30 seconds.
3. Add the ice cubes and blend again until the smoothie is chilled and frothy.
4. Pour into two glasses and serve immediately.

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