Lean Berry Protein Boost Smoothie

A low-carb, high-protein smoothie blending mixed berries, creamy Greek yogurt, and almond milk for a refreshing, muscle-friendly treat.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup mixed berries (fresh or frozen)
- 1/2 cup plain Greek yogurt
- 1 scoop vanilla or unflavored protein powder
- 1 cup unsweetened almond milk
- 1/2 teaspoon chia seeds (optional for extra fiber)
- Ice cubes (optional, for a thicker texture)

Instructions

1. Add the mixed berries, Greek yogurt, protein powder, and almond milk into a blender.
2. If desired, add chia seeds for extra fiber and ice cubes for thickness.
3. Blend on high speed until smooth and creamy.
4. Pour into two glasses and serve immediately.

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