



Banana Berry Smoothie

Handful of ingredients tossed in a blender until smooth. Mixed with our Skim Milk powder for extra calcium and protein benefit. Perfect for an ideal snack

Ingredients (3-4 Servings)

3 cups – Frozen, fresh or
canned berries
1 cup – Wellshine Wellson
Skim Milk Powder
1 cup – Water
1 – Banana
½ cup – Oats
¾ cup – Almonds
1tsp. – Vanilla Extract

Instructions

1. Mix all the ingredients in a blender and blend until smooth.
2. Add and blend the ice cubes for a cooler and thicker smoothie.

Tips

You can customize your smoothie to suit your needs -- whether it is energy for a workout or for work.