



Antioxidant-rich Berry Smoothie

Cheers to your continued good health through keeping up with regular immunizations! Reward yourself with this healthy smoothie for an easy meal on-the-go.



Ingredients

- 1 cup raw blueberries
- ½ banana
- 1 cup chopped raw kale
- ½ cup unsweetened almond milk
- 1 oz pea protein powder

Preparation

Blend all ingredients until combined and desired consistency is achieved.

Nutrition (per serving)

Yield: 1 serving; calories 268; fat 2.4g; carbohydrates 57.2g; protein 10.4g

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