



BLACKBERRY AND CRANBERRY SMOOTHIE

Prep Time: 50 seconds | Serves: 1

INGREDIENTS

- ½ cup fresh blackberries
- ¼ cup coconut milk
- ¼ cup fresh cranberries
- 1 tablespoon egg white protein powder
- 1 tablespoon dark chocolate chips

STEPS

01

Combine the berries, coconut milk and protein powder in a blender.

02

Blend until smooth, about 30 to 40 seconds, then top with chocolate chips to serve.

NUTRITION DATA

227 calories | 16.7g fat
17.9g carbs | 4.5g protein
6.1g fiber | 10.6g sugars
36mg sodium



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Source: Outback Vision Protocol