

BLUE BOMBER SMOOTHIE

INGREDIENTS:

- 1 scoop of Vanilla Whey or Casein Protein Powder;
- 2 scoops if a Vegan Powder
- 1/2 cup fat-free plain yogurt
- 1 cup water
- 2 cups frozen blueberries
- Stevia to taste
- 5 ice cubes

Place all ingredients in a blender, blend and enjoy!