

DARK CHOCOLATE-COVERED RASPBERRY

INGREDIENTS:

1 scoop of Chocolate Whey or Casein Protein Powder;

2 scoops if a Vegan Powder

1 cup unsweetened Chocolate almond milk

3/4 cup frozen raspberries

1 tbsp unsweetened cocoa

5 ice cubes

Place all ingredients in a blender, blend and enjoy!

For more protein boost add a half cup of Cottage cheese (lowfat or nonfat), Greek yogurt (nonfat), and plain yogurt (nonfat). Choose a protein powder that provides you at least 22-24 grams of protein per serving if the smoothie will be a meal replacement. If just a snack the protein in grams can be 10-12 grams.