



### **Berrylicious Smoothie**

Recipe of the Month - Berrylicious Smoothie

Spring Cleaning is a holistic process; it includes what you eat and the environment you live in. Here is a great spring-cleaning recipe to get you off to a good start:

#### **Ingredients**

- \*2 rounded tablespoons of Whey Pro Complete or SP Complete
- \*1 cup fresh or frozen raspberries
- \*1 cup fresh or frozen blueberries
- \*1 tablespoon organic yogurt (optional)
- \*1 cup water or almond milk
- \*1/2 cup ice

#### **Directions**

Blend all the ingredients  
Drink and enjoy.  
Servings: 2

Recipe courtesy of MediHerb