

# BERRY PROTEIN BLITZ SMOOTHIE

THM E | Creamy | Protein-Packed | Refreshing

## MACROS (per serving)

Protein 25g • Fat 3g • Net Carbs 40g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Ingredients

<b>Water</b>	½ cup
<b>Kiefer Low-Fat</b>	½ cup
<b>Strawberries Freeze-dried</b>	1 cup
<b>Banana Frozen or Freeze-dried</b>	½ cup
<b>Protein Powder</b>	1 scoop
<b>Chia Seeds</b>	1 tsp
<b>Sweetener To Taste</b>	
<b>Water/Ice</b>	
Optional	
<b>Lemon Juice</b>	1 tsp
<b>Strawberry Extract</b>	½ tsp

## Direction

- 1. Soak.** Put keifer, water, strawberries and banana in the blender. Let it sit while you grab the rest.
- 2. Add the rest.** Drop in protein powder, and chia seeds.
- 3. Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- 4. Taste.** Need more zing? Add strawberry extract and a squeeze of lemon juice.
- 5. Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, sip, and enjoy this delicious tasting smoothie full of healthy probiotics.

### **Prep Notes / Variations**

- **Freeze-dried berries:** Re-hydrate 1 : ½ water for velvety texture, then blend.
- **Want milk-shake vibes?** Add ¼ tsp glucomannan; it thickens with zero carbs.
- **Need a vitamin C punch?** Blend in ½ cup frozen cauliflower rice—tasteless, added fiber.
- **Out of Kiefer?** Unsweetened cashew milk or almond milk.

