

VERY BERRY SMOOTHIE

Recipe makes
1 serving

Prep time
5 minutes



NUTRITION INFO PER SERVING

Calories 130

Protein 1.6 g

Phenylalanine 57 mg

INGREDIENTS

- 1/4 cup spinach, fresh
- 1/2 cup strawberries, fresh or frozen
- 1/3 cup blueberries
- 8 fl oz coconut milk, original (carton)
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into a blender.
- 2 Blend until smooth.
- 3 Pour into a large glass and serve.

SERVING SUGGESTION

Freeze in ice pop molds to create a refreshing, fruity treat.

TOP TIP!

Pour into a bottle or shaker for a delicious breakfast on the go!

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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