



Banana Berry Shake

Ingredients (Serves 2):

- 1 ripe banana
- 2 cups frozen or organic fresh strawberries
(see note)
- 1 cup soy, hemp, or almond milk
- 1 tablespoon ground flax seeds

Instructions:

Blend all ingredients together in a high-power blender.

Note: Other berries may be substituted for strawberries.

Nutritional Information: **Per Serving**

- Calories: 189 kcal
- Protein: 6 g
- Carbohydrates: 36 g
- Total Fat: 4 g
- Saturated Fat: 0.5 g
- Sodium: 67 mg
- Fiber: 6.2 g
- Beta-Carotene: 58 ug
- Vitamin C: 67 mg
- Calcium: 66 mg
- Iron: 2.3 mg
- Folate: 62 ug
- Magnesium: 77 mg
- Zinc: 0.6 mg