

Acai Smoothie Recipe with Protein



Nutrition Facts

Amount Per Smoothie

Calories	187 kcal
Protein	24g
Carbohydrate	16.7g
Fat	2.8g
Dietary Fiber	6.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 1 Acai Protein Smoothie:

- 100 g Acai berries
- 50 g Cranberries
- 40 g Greek yogurt (low-fat)
- 25 g Whey Protein (Vanilla)
- 5 g [Organic Energy Bomb \(Your Sooperfoods\)](#)
- 100 ml [GymTea Berry \(ice cold\)](#)
- Ice cubes

Preparation of the Acai Protein Smoothie:

Put Acai berries, Cranberries, Greek yogurt, Whey Protein (vanilla flavour) and [Organic Energy Bomb](#) into the blender.

Add ice cold GymTea Berry and some ice cubes and blend it for about 30 - 45 seconds.

Enjoy your cool and vitamin-packed **Acai Protein Smoothie!**

One smoothie contains about 24 g of protein, 6.8 g of fibres and just 2.8 g of fat.

