

High-Protein Raspberry Fitness-Smoothie Recipe



Nutrition Facts

Amount Per Glass

Calories	252 kcal
Protein	42.3g
Carbohydrate	12.8g
Fat	2.4g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 100g Raspberries (frozen)
- 40g Blueberries
- 40g [Whey Protein Vanilla \(Free MYPROTEIN Whey for new customers\)](#)
- 3 Egg whites
- 200ml Water

Preparation: Put all the ingredients into the blender. Add about 200ml of water. Mix it for about 1 minute. We recommend to enjoy the High-Protein Smoothie immediately after preparation when it's fresh and cold. You can also add some ice cubes for that extra cool taste. Enjoy and stay fit!

Product recommendation for this Fitness Recipe: