

## Low-Fat Protein Berry Smoothie



### Nutrition Facts

Amount Per Glass

<b>Calories</b>	190 kcal
<b>Protein</b>	26.8g
<b>Carbohydrate</b>	12.9g
<b>Fat</b>	2.2g
<b>Dietary Fiber</b>	9.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- 100g Raspberries
- 50g Blueberries
- 30g [Whey Protein \(vanilla\)](#)
- 10ml Lemon juice
- Ice cubes
- 200ml Water

### Preparation:

Put berries, Whey Protein, lemon juice and ice cubes into a bowl and fill it up with water. Mix it for 1-2 minutes. Enjoy the cold Protein Berry Smoothie and stay fit!

### Product Recommendation for this Fitness Recipe:

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