

Integrative Health Institute

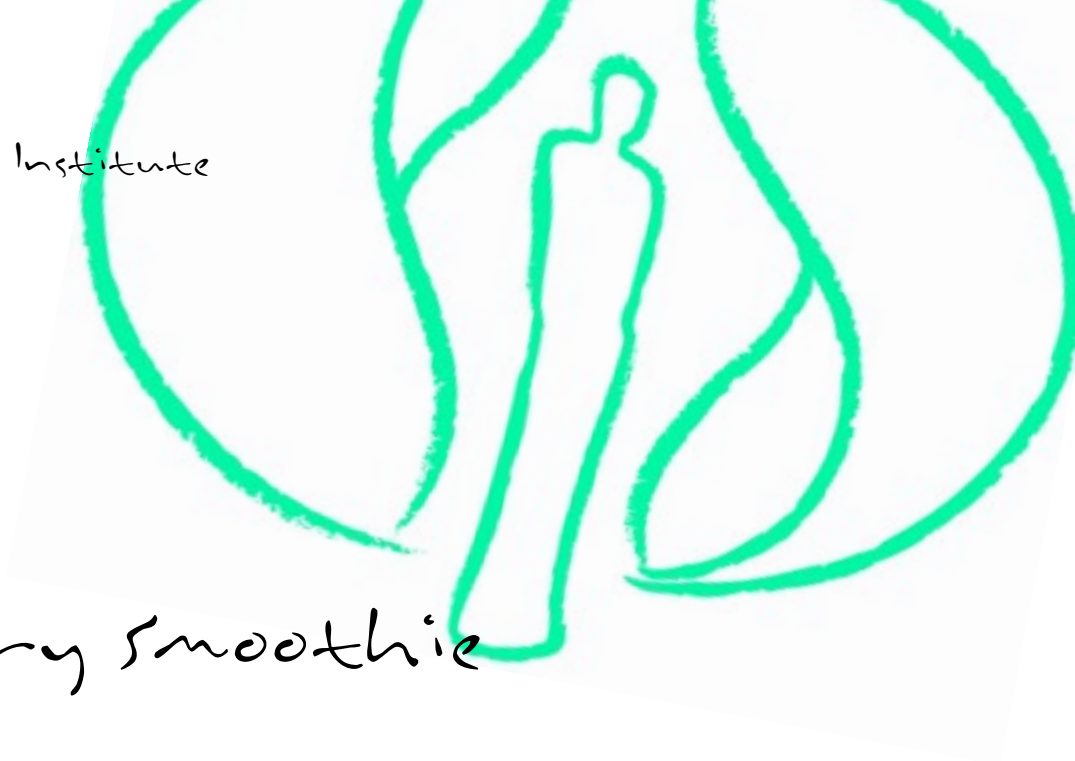
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Very Berry Smoothie

Created By: Erin Wiley

Directions:

Combine in blender:

- 2 tbsp. of Protein Powder
- 1/3 cup organic raspberries
- 1/3 cup organic blueberries
- 1 cup rice or almond milk

Or try substituting

- Banana and almond butter
- Peach and mango
- Pineapple
- Fruit medley

Special Notes:

Berries and fruit are great when frozen. If you use fresh berries but want "the chill" you can add some ice cubes. We use rice milk because it is hypoallergenic, but for those of you who are not dairy sensitive you can use milk or yogurt.