



CapitalBlueCross.com

Triple Berry Power Smoothie (Dairy Free)

Ingredients

1⁄2	banana 1 serving		
1⁄4	cup frozen acai fruit juice	Calories	230
1⁄2	cup frozen strawberries	Total Fat	2.5g
1⁄2	cup blueberries	Saturated Fat	0g
1	tablespoon ground flax	Cholesterol	0mg
1/2	teaspoon cinnamon	Sodium	15mg
8	ounces water	Total Carbohydrates	52g
2	teaspoons honey	Dietary Fiber	6g
-		Sugar	38g
		Protein	Зg

Directions

Measure each ingredient and put them in the blender. Blend ingredients together.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

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Nutrition Facts