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# Triple Berry Power Smoothie (Dairy Free)

## Ingredients

- ½ banana
- ¼ cup frozen acai fruit juice
- ½ cup frozen strawberries
- ½ cup blueberries
- 1 tablespoon ground flax
- ½ teaspoon cinnamon
- 8 ounces water
- 2 teaspoons honey

## Directions

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

## Nutrition Facts

1 serving

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|                            |      |
|----------------------------|------|
| <b>Calories</b>            | 230  |
| <b>Total Fat</b>           | 2.5g |
| Saturated Fat              | 0g   |
| <b>Cholesterol</b>         | 0mg  |
| <b>Sodium</b>              | 15mg |
| <b>Total Carbohydrates</b> | 52g  |
| Dietary Fiber              | 6g   |
| Sugar                      | 38g  |
| <b>Protein</b>             | 3g   |