

## BLUEBERRY ELVIS

### INGREDIENTS

- 1 cup skim milk
- ½ frozen banana
- 1 cup frozen blueberries
- 1 TBSP peanut butter
- ½ scoop vanilla protein powder
- 1 teaspoon ground flaxseed
- 2 teaspoons honey



### DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



Blueberry Elvis Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	462.6 kcal	23 %
Total Fat	11.3 g	17 %
Saturated Fat	1.9 g	9 %
Trans Fat	0 g	
Cholesterol	22.4 mg	7 %
Sodium	160.5 mg	7 %
Total Carbohydrate	71.3 g	24 %
Dietary Fiber	9.8 g	39 %
Sugars	52 g	
Protein	26.2 g	52 %
Vitamin A	10 %	• Vitamin C 18 %
Calcium	40 %	• Iron 6 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at [cronometer.com](http://cronometer.com) </>