



[CapitalBlueCross.com](https://www.CapitalBlueCross.com)

Capital 

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

Calories	230
Total Fat	2.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrates	52g
Dietary Fiber	6g
Sugar	38g
Protein	3g