

## MIXED BERRY PROTEIN SHAKE

The Way...

### Ingredients:

\*3 c. almond milk  
\*1 c. frozen mixed berries  
\*2 scoops (6 Tb.) soy protein  
powder  
\*1/2 tsp. vanilla extract

### Directions:

1. Blend all ingredients in a blender until smooth.
2. Refrigerate until ready to serve.

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