

Popeye Fruit Smoothie

Boost your strength with this awesome tasting smoothie

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake
- 8 – 12 oz (240 to 360 ml) Nonfat Milk or Soy Milk
- 1 Cup Raspberries (fresh or frozen)
- 1 Cup Spinach
- 1/4 Cup Cashews
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender. For a major vitamin boost, add up to 3 cups of spinach to the recipe.

