

Blueberry and Peanut Butter Whey Smoothie

Prep Time = 5 min	Cook Time = 5 min	Total Time = 10 min	Servings = 1
-------------------	-------------------	---------------------	--------------

Ingredients:

1 Cup Raw Milk from Grass-Fed Cows
3/4 Cup Blueberries Frozen
1 Scoop Peanut Butter Whey Protein
1 Teaspoon Flaxseeds
1 Teaspoon Spirulina
1 Teaspoon Chia Seeds
1/2 Teaspoon Ginger
1/2 Teaspoon Cinnamon

Directions:

1. Place all ingredients in blender and blend until smooth.
2. Enjoy this pre-workout smoothie or enjoy for breakfast or a healthy snack in between meals.

Nutrition Facts	
Serving Size 395 g	
Amount Per Serving	
Calories 373	Calories from Fat 111
% Daily Value*	
Total Fat 13g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 101mg	34%
Sodium 134mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	21%
Sugars 26g	
Protein 35g	
Vitamin A 7%	• Vitamin C 19%
Calcium 49%	• Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	373 (1562 kJ)	19%
From Carbohydrate	125 (523 kJ)	
From Fat	111 (465 kJ)	
From Protein	137 (574 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	35.1 g	70%

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	34.6 g	12%
Dietary Fiber	5.4 g	21%
Starch	~0.0 g	
Sugars	~25.9 g	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	12.5 g	19%
Saturated Fat	6.1 g	30%
Monounsaturated Fat	~2.4 g	
Polyunsaturated Fat	~2.3 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~1500 mg	
Total Omega-6 fatty acids	~775 mg	

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	~326 IU	~7%
Vitamin C	~11.1 mg	~19%
Vitamin D	~97.6 IU	~24%
Vitamin E (Alpha Tocopherol)	~0.9 mg	~5%
Vitamin K	~23.0 mcg	~29%
Thiamin	~0.3 mg	~17%
Riboflavin	~0.6 mg	~34%
Niacin	~1.1 mg	~6%
Vitamin B6	~0.2 mg	~9%
Folate	~24.0 mcg	~6%
Vitamin B12	1.1 mcg	18%
Pantothenic Acid	~1.1 mg	~11%
Choline	~46.1 mg	
Betaine	~1.8 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	494 mg	49%
Iron	~1.7 mg	~9%
Magnesium	~49.5 mg	~12%
Phosphorus	287 mg	29%
Potassium	681 mg	19%
Sodium	134 mg	6%
Zinc	1.5 mg	10%
Copper	0.3 mg	14%
Manganese	0.8 mg	39%
Selenium	~10.2 mcg	~15%
Fluoride	~	

Your Notes: