

Ronit's Berry Energy Smoothie

I love to drink a cup of this smoothie in the morning before my workout. I save another 1/2 cup for refueling afterward. Store the extra in your refrigerator for a snack later that day.

- 2 cups unsweetened almond milk or water
- 2 tablespoons chia seeds
- $\frac{1}{2}$ packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- $\frac{1}{4}$ cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

Blend all ingredients and enjoy a boost of energy!