Berry Bliss Smoothie

Ingredients:
1 cup plain soymilk
1 ½ cups raspberries
1 cup blueberries
1 teaspoon vanilla
1 tablespoon maple syrup
1 tablespoon ground flaxseed

Directions:
Puree all ingredients in a blender. Pour into 2 glasses.

Makes 2 servings.

Nutrition Facts

Serving Size 1 drink (348g)
Servings Per Container 1

Amount Per Serving

Calories 210	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 12g	**48%**
Sugars 21g	
Protein 7g	

Vitamin A 6% • Vitamin C 60%
Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4