



## Ingredients:

- 1 scoop Allmax Isoflex Vanilla Protein Powder
- 1c 30 calorie unsweetened plain almond milk
- 3 oz blueberries
- 1 oz fresh spinach leaves
- 1 TBSP chia seeds
- 1/4 c ice cubes
- mint leaves to garnish (optional)
- 1 packet of Stevia (optional)

## Instructions:

1. Place ice, blueberries, spinach, almond milk, protein powder, chia seeds and Stevia in a blender. Blend until smooth. If too thick, add a splash of almond milk. Pour and top with mint leaf and serve.

**Servings: 1**

**263 calories per serving**

**24g carb/9g fat/32g protein**

**Blueberry Chia Vanilla Protein Shake**