

RECIPE

Ruby Red Protein Smoothie

🕒 5 minutes / 1 serving

PLUM AND CHERRIES give this smoothie its beautiful flavor and perfectly tart taste, while soy milk, protein powder, and flaxseed meal bring up the protein and fiber.

INGREDIENTS

- 1 cup unsweetened fortified soy milk
- 1 chopped, pitted plum
- ½ cup pitted cherries
- 1 scoop plant-based protein powder
- 1 tbsp flaxseed meal



INSTRUCTIONS

- 1 **PUREE** soy milk, plum, cherries, protein powder, and flaxseed in a blender until smooth.
- 2 **POUR** into a glass and enjoy.

NUTRITIONAL INFO PER SERVING

CALORIES

326

PROTEIN

36 g

FIBER

8 g

CALCIUM

450 g