Power Berry Smoothie Recipe / Post Workout Smoothie



I have loved smoothie these days. I wanted to try different smoothie with available seasonal fruits. This power berry smoothie recipe is a delicious and very quick to make

smoothie, they are packed with fruits like blueberries, blackberries, banana and apple. When you sip this smoothie, you feel relaxed and you can enjoy all the flavors. I really like the tartness of berries, sweetness from honey, banana and apple adds creaminess to smoothie. You can have this smoothie for breakfast or as an evening snack. It’s a perfect post workout smoothie.

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Prep time
5 mins
Cook time
5 mins
Total time
10 mins

Power berry smoothie are packed with blueberries, blackberry, banana and apple. Start your day with this power packed smoothie, also it is a great post workout smoothie.
Author: gayathri ramanan
Recipe type: smoothie
Cuisine: American
Serves: 1 glass
Ingredients

- 25 Blueberries
- 15 Blackberry
- ½ Apple
- ½ Banana
- 3 Tsp of Honey or to taste
- ½ Cup of Milk

Instructions

1. Place all the ingredients in a blender and blend it until it turns smooth.
2. Add honey and mix well with spoon.
3. Pour into a glass and serve for breakfast or as evening snack.

Notes
You can add greek yogurt in place of milk.
Add sugar or agave instead of honey.
For vegan version, add almond milk or soy milk.



Tags: power berry smoothie, power berry smoothie recipe, berry smoothie, smoothie recipe, smoothie recipe ideas, how to make berry smoothie, prepare smoothie at home, post workout

smoothie recipe, breakfast smoothie.