

# Berry Green Meal Replacement Shake



*The sweet flavor of this berry shake is balanced with nutrient rich greens and cauliflower!*

YIELD 1 SERVING	PREP TIME 5 MIN	TOTAL TIME 5 MIN
--------------------	--------------------	---------------------

## INGREDIENTS

1 packet	Berry Meal Replacement, such as Unjury Fresh Berry Smoothie
1 cup	Water
1 cup	Baby Spinach, loosely packed
½ cup	Cauliflower, frozen

## CHEF'S NOTES

You can make this with frozen riced cauliflower, but you'll only need ⅓ cup. You can also swap kale or other dark leafy green you have on hand for the spinach.

The addition of greens in this shake allows you to get more than 100% of your daily recommendation for Vitamin K in one meal.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large blender pitcher, add the ingredients in the following order: meal replacement packet, water, spinach, and frozen cauliflower.
3. Blend on high speed until smooth and creamy, about 30 seconds. Serve immediately.

# Nutrition Facts

1 servings per container

**Serving Size** 1 shake (385 g)

**Amount per serving**

**Calories** 220

**% Daily Value \***

**Total Fat 5g** 7%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 5mg** 0%

**Sodium 240mg** 10%

**Total Carbohydrate 17g** 6%

Dietary Fiber 5g 19%

Total Sugars 5g

Includes 2g Added Sugars 4%

**Protein 29g** 58%

Vitamin D 0.25mcg 0%

Calcium 750mg 58%

Iron 11mg 62%

Potassium 500mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

