

# Blueberry Coffee Cake Meal Replacement Shake



*Blueberries and cinnamon come together for a coffee house treat flavored, protein-rich shake.*

YIELD 1 SERVING	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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## INGREDIENTS

½ cup	Blueberries, frozen
1 cup	Water
1 packet	Cinnamon Meal Replacement, such as Unjury Cinnamon Café

## CHEF'S NOTES

Blueberries are a great source of fiber, Vitamin C, and antioxidants that protect against free radicals.

You can also make this recipe with a vanilla meal replacement packet and ¼ to ½ tsp of ground cinnamon.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a personal smoothie blender, add the ingredients in the following order: blueberries, water, and meal replacement.
3. Blend on high speed until smooth and creamy, about 30 seconds. Serve immediately.

# Nutrition Facts

1 servings per container

**Serving Size** 1 shake (366 g)

**Amount per serving**

**Calories** 240

**% Daily Value \***

**Total Fat 5g** 7%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 5mg** 0%

**Sodium 190mg** 8%

**Total Carbohydrate 22g** 8%

Dietary Fiber 5g 18%

Total Sugars 10g

Includes 2g Added Sugars 4%

**Protein 27g** 55%

Vitamin D 0.25mcg 0%

Calcium 710mg 55%

Iron 10mg 56%

Potassium 200mg 5%

\*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.

