

Berry Coconut Protein Smoothie with Riza Max

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Ingredients

1/2 cup Frozen Berries

1/8 Avocado

1 1/2 scoops Riza Max Brown Rice Protein Powder

1/4 cup Lite Coconut Milk

2 tbsps Hemp Seeds

1/4 cup Water

Nutrition

Amount per serving

Calories	350	Cholesterol	0mg
Fat	19g	Sodium	19mg
Carbs	18g	Vitamin A	39IU
Fiber	7g	Vitamin C	23mg
Sugar	9g	Calcium	36mg
Protein	31g	Iron	2mg