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Berry Lemon Zinger Smoothie

Ingredients

1 Scoop RSP TrueFit vanilla protein
1/2 cup strawberries
1/2 cup raspberries
1 cup skim milk
1 tsp lemon zest
Handful of ice

Directions

1. Place all ingredients in a blender and blend to a smooth consistency. If the smoothie is too thick, add liquid. You can also substitute the skim milk for water or whole milk, depending on your goals and taste preferences.

Serving size: 1 recipe

Recipe yields: 1 serving