



Wild Blueberry Protein Power Smoothie

By Lauren Sharifi, [Bite of Health Nutrition](#)

Ingredients for 1 serving:

- 1 cup (250 ml) frozen wild blueberries
- 1 scoop vanilla protein powder
- 4 tsp (20ml) unsweetened dark cocoa powder
- 2 tbsp (30 ml) peanut butter
- 1 cup (250 ml) skim milk (or milk of choice)
- 1 frozen banana
- 1 tbsp (15ml) chia seeds

Optional Toppings:

- frozen wild blueberries
- unsweetened dark cocoa powder
- chia seeds

Directions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into glass; garnish if desired.
3. Serve immediately.



Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberries.com). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: sally@thesirengroup.com or susan@thesirengroup.com. Visit: www.thesirengroup.com or on [Twitter](#) or [Instagram](#) @thesirengroup.