

# Very Berry Seracal Smoothie



Makes: 2 servings

Each serving contains ½ a serving of Seracal



## Ingredients:

1 serving of Seracal  
(1/4 cup, or 13.5 grams)

1 serving of vanilla or berry  
flavored yogurt (Optional:  
use greek yogurt for even  
more protein!)

1 ½ cups mixed berries, frozen

1 Tablespoon honey (to taste)

## Instructions:

1. In a blender, blend all ingredients until smooth.
2. If smoothie is too thick, add a little more milk until texture is as you like it.