

Super Acai Energy Smoothie

Serves 1

- ¼ cup frozen berries
- ½ banana
- 1 scoop protein powder
- 1 cup fruit juice or soy milk or water
- 1 teaspoon spirulina powder
- 1 teaspoon barley grass powder
- 1 teaspoon acai powder

Blend together in a blender. A super energy drink.