

## 8. Pink Smoothie

**Prep Time:** 5 min | **Blend Time:** 2 min | **Total Time:** 7 min | **Servings:** 1

### Ingredients:

- ½ cup milk or yogurt
- ½ cup frozen berries
- 1 tsp almond butter (optional)
- ½ banana

### Instructions:

1. Blend all ingredients until smooth.
2. Pour into cup; serve chilled.

### Nutrition (per 8 oz):

- Calories: 140
- Protein: 8 g
- Fiber: 5 g
- Vitamin C: 150% daily need

### Health Benefits:

- Vitamin C enhances iron absorption.
- Protein supports satiety and growth.

### Pro Tips:

- Adjust sweetness with fruit, not sugar.
- Serve in fun cups to increase appeal.