Be sure to stop by the MUSC Scheduling Department to inquire about follow up appointments - located near the lobby.
Thank you to our sponsors!

Almond Milk and Berry Smoothie
Total time: 5 minutes
Yield: 2 servings

Ingredients:
- ½ medium banana, peeled and cut into chunks
- ¼ cup frozen unsweetened blueberries
- ¼ cup frozen unsweetened strawberries
- ¼ cup frozen unsweetened mango
- 2 cups chilled unsweetened vanilla-flavored almond milk

Directions:
In a blender, add the almond milk, banana chunks, blueberries, strawberries, and mango. Blend until combined, about 30 seconds. Serve.

Nutrition (per 1 serving):
Calories 110, Fat 3.1 grams, Carbohydrates 20.5 grams, Protein 1.8 grams