

## Weight Loss Shake Recipe: Savory Veggie Smoothie



**1 portion contains approximately:** 190 calories - 27 g protein - 1 g fat - 17 g carbohydrates

### Ingredients (for 1 person)

- **8 Tbsp** Almased
- **6.5 oz** water
- **1.5 oz** vegetable or tomato juice

### Preparation



In a blender or shaker bottle, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.