

## Weight Loss Shake Recipe: Savory Veggie Smoothie



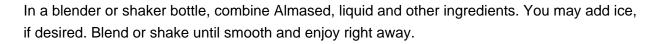
1 portion contains approximately: 190 calories - 27 g protein - 1 g fat - 17 g carbohydrates

## **Ingredients (for 1 person)**

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

## **Preparation**





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