



Vanilla Pineapple Blackberry Smoothie
by [A TIPical Day](#)

1 cup Vanilla Almond Milk
1 scoop Allergy Free Protein Powder
1 tsp Chia Seeds
1 tsp Cinnamon
1/4 frozen Pineapple
1/4 frozen Blackberries

Add ingredients to a blender in the order given. Blend until smooth.
Pour and enjoy! If too thick add more milk. If too thin add more fruit.
Makes 1 serving