



INGREDIENTS

- ☐ 1 cup almond milk yogurt
(or substitute coconut yogurt)
- ☐ ½ cup blueberries, frozen
- ☐ ½ cup strawberries, frozen
- ☐ 2 tbsp acai puree, frozen



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

BERRY BERRY GOOD SMOOTHIE

METHOD:

1. Process all ingredients in a blender until smooth.

Although the Berry Berry Good Smoothie is not intended to be a meal replacement, it makes for a great snack.

Yield: 2 servings. **Per Serving:** 80 calories, 4g fat, 2g protein, 10g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at MyType2Transformation.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.
© 2019 Novo Nordisk All rights reserved. US190ZM00369 September 2019

Franklin Becker is a paid spokesperson of Novo Nordisk.

