Description:

This vibrant Strawberry Raspberry Juice delivers a burst of bright berry sweetness balanced by a pleasant, tangy zest. Smooth, velvety, and naturally packed with antioxidants, it offers a thoroughly refreshing beverage that satisfies fruit cravings effortlessly. Enhanced with protein powder and low-carb ingredients, it transforms a simple juice into a wholesome, nutrient-rich option for any balanced diet.

Can This Strawberry Raspberry Juice Support Weight Loss Goals?

Yes, this refreshed Strawberry Raspberry Juice can support weight loss goals when made using unflavored or vanilla protein powder and low-sugar liquids. The addition of protein increases satiety, helping you stay full longer and curbing unwanted snacking between meals. Because naturally low-sugar berries provide rich flavor and fiber with few calories, it delivers maximum refreshment without unnecessary calories.

Does Strawberry Raspberry Juice Fit a High Protein Lifestyle?

While traditional fruit juices are mostly sugar and carbs, this protein-boosted Strawberry Raspberry Juice fits well into a high-protein lifestyle by incorporating a full scoop of protein powder. Utilizing fresh strawberries, tart raspberries, unsweetened almond milk, and a clean whey or plant-protein blend keeps the net carbs low while providing up to 20 grams of quality protein per glass. It gives you the refreshing taste of fruit juice paired with macro-friendly nutrition.

My Personal Experience

- Unbeatable Berry Freshness:

  Blending sweet strawberries with tart raspberries creates a balanced flavor profile that tastes infinitely better than store-bought bottle juices.

- Effortless Meal Integration:

  Adding a scoop of neutral protein powder turns a simple thirst-quencher into a satisfying snack that keeps energy stable for hours.

Perfect For:

This recipe is ideal for high-protein snacks, low-carb drink options, post-workout recovery, summer refreshments, and light high-protein breakfast additions.

Why You'll Love This Recipe:

- Quick & Simple Prep:

  Requires zero cooking and comes together in a high-speed blender in under 5 minutes.

- Customizable & Nutrient-Dense:

  Naturally rich in Vitamin C, antioxidants, and fiber with fully customizable protein levels to fit your exact goals.

- Bright & Naturally Sweet:

  Combines two iconic berries for a vivid pink-red juice that tastes indulgence-level fresh without added refined sugars.

Common Mistakes to Avoid:

- Using Added Sugar or Juices: Adding processed fruit juice or sugar syrups spikes the carb count and destroys the low-carb benefits.

- Skipping the Strain Step: Not straining the mixture if you prefer a thin juice consistency leaves behind seeds and thick pulp.

- Over-blending with Ice: Adding too much ice water diluted the vibrant berry flavors into a watery blend.

- Using Warm Ingredients: Blending room-temperature berries results in a tepid drink rather than a crisp, chilling juice.

Required Equipment:

- High-Speed Blender: Liquefies frozen or fresh berries smoothly to break down tough pulp.
- Fine-Mesh Strainer or Nut Milk Bag: Filters out tiny berry seeds for a smooth juice texture.
- Glass Serving Pitcher: Holds prepared juice safely without altering its fresh fruit flavor.

Storage Instructions:

Store prepared juice in an airtight glass mason jar in the refrigerator for up to 48 hours. Stir or shake well before drinking, as natural separation will occur. To freeze, pour into silicone ice cube trays for up to 3 months and blend into future shakes to preserve protein content and fresh flavor.

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- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Total Time: 5 minutes
- Servings: 2 servings
- Best Season for This Recipe: Summer (or All-Season using frozen berries)

- Total Calories (Per Serving): ~140 kcal (approximate estimate)

A vibrant, chilled berry drink loaded with fresh strawberry and raspberry flavors and a tangy citrus finish.

Boosted with protein powder to create a refreshing, low-carb drink that keeps you satisfied.

Perfect for sunny afternoons, post-workout hydration, or a nutritious breakfast pairing.

 Ingredients:

- 1 cup Fresh or Frozen Strawberries: Hulled and washed.
- 1 cup Fresh or Frozen Raspberries: Cleaned thoroughly.
- 1 scoop Protein Powder: Vanilla or unflavored whey/plant protein *(Note: Use unsweetened protein for optimal carb control).*
- 1.5 cups Unsweetened Almond Milk or Cold Water: For blending base.
- 1 tbsp Fresh Lemon Juice: Enhances berry brightness and balances natural sweet notes.
- 1/2 cup Ice Cubes: For maximum chill and texture adjustment.
- Stevia or Monk Fruit Sweetener: Optional, to taste if berries are extra tart.

Directions:

1. Prep Ingredients: Wash berries thoroughly (or measure frozen berries) and add them directly into your blender jar.
2. Combine Base: Pour in cold water or unsweetened almond milk, lemon juice, and add the protein powder along with ice cubes.

3. Blend High: Secure the lid and blend on high speed for 60 to 90 seconds until the mix is completely liquefied and smooth.

4. Strain (Optional): Pour the juice through a fine-mesh strainer into a glass pitcher if you prefer a seedless, thin juice texture.

5. Adjust Flavor: Taste the juice and add a pinch of zero-calorie sweetener if extra sweetness is desired, blending for 5 seconds to combine.

6. Serve Chilled: Pour immediately over fresh ice into highball glasses and serve cold.

Nutrition Facts (Per Serving – Approximate):

- Calories: 140 kcal
- Fats: 2.5 g
- Cholesterol: 15 mg
- Sodium: 140 mg
- Potassium: 280 mg
- Total Carbohydrates: 11 g
- Fiber: 5 g
- Net Carbs: 6 g
- Sugars: 5 g
- Protein: 18 g
- Calcium: 180 mg

Notes:

- Storage & Separation: Natural juice separation is normal; shake vigorous prior to drinking.
- Reheating/Serving Tip: Serve ice-cold; never heat fruit juices containing protein powder.
- Allergy Info: Dairy-free (if using plant protein and water/almonds), gluten-free, egg-free, and nut-free (if using coconut milk or water).
- Flavor Boost: Add 3–4 fresh mint leaves or a small slice of peeled fresh ginger before blending for an extra zesty kick.