## **Early to Rise Customer Support**

<u>Knowledgebase</u> > <u>6 Minutes to Skinny</u> > <u>Shakes</u> > <u>How much is a portion of berries</u>?

## How much is a portion of berries?

Stephanie H - 2020-02-20 - Shakes

A portion of berries is a handful.

(A handful is equal to approximately 1/4 cup of berries.)