

Berry Almond Smoothie (Copy)

This almond based smoothie is quick, easy and high in protein.. and is great for a breakfast on the go. The smoothie is plant based and gluten free.

🕒 Preparation 5 minutes 🕒 Total 5 minutes 1 portion

Ingredients

or	or
1/4 avocado	60 grams of raspberries
or	or
240mls almond milk, unsweetened or equivalent	2 tablespoons of almonds
or	or
70 grams of blueberries	4 tablespoons of Greek yoghurt Low Fat

Cooking method

1

Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.