

Blueberry Maple Protein Shake (Copy)

This simple recipe requires less than 10 and comes together in about 5 minutes. It's the perfect portable breakfast that provides a full serving of fruit and plenty of protein.

🕒 Preparation 5 minutes • ⌚ Total 5 minutes 1 portion

Ingredients

or	or
1/2 cup non-dairy yogurt	2 tsp flaxseed meal
or	or
1 average portion with cereals of milk, semi-skimmed, pasteurised, average (100 g)	Sweetener of choice (to taste)
or	or
1 scoop vanilla protein powder (Vega Clean) (Optional)	10-15 ice cubes
or	or
1/2 cup frozen blueberries	1/4 cup water
or	
1/4 - 1/2 tsp maple extract (optional)	
or	
1/4 tsp vanilla extract (1/2 tsp if not using maple extract)	

Cooking method

1

Place all of your ingredients in a blender and mix until well combined. If it appears too runny, add more ice. If it's too thick, add more water. Add more sweetener or extract at the end if the flavor isn't strong enough for your taste.