

## Berry Almond Smoothie

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
30 grams of vanilla protein powder (optional)	2 tablespoons of almonds
or	or
240mls of semi skimmed or soya milk	4 tablespoons of Greek yoghurt
or	
70 grams of blueberries	

### Cooking method

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