



BERRY SMOOTHIE WITH ALMOND (FULL FAT MILK)

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.

 5 minutes

 5 minutes

 2 portions

INGREDIENTS

- 1/4 avocado
- 30 grams of vanilla protein powder (optional)
- 240 grams of milk, whole, pasteurised, average
- 70 grams of blueberries
- 60 grams of raspberries
- 2 tablespoons of almonds
- 4 tablespoons of Greek yoghurt

COOKING METHOD

- 1° Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (258 g)	% DRI
ENERGY	106 kcal	274 kcal	14 %
PROTEIN	9 g	22 g	44 %
CARBOHYDRATE	5 g	13 g	5 %
SUGARS	5 g	12 g	13 %
FAT	6 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	23 %
FIBER	0 g	1 g	4 %
SODIUM	34 mg	88 mg	4 %