

**BERRY SMOOTHIE**

Quick and easy breakfast on the go that is super tasty!

1 portion

INGREDIENTS

- 40 grams of strawberries, frozen, unsweetened
- 40 grams of blueberries, frozen, unsweetened
- 1 medium banana [118 g]
- 1 Cup of water
- 30 grams of , Whey Protein Powder
- 1 tbsp of Greek yoghurt, plain, nonfat

COOKING METHOD

- 1° Blend all ingredients until smooth

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (495 g)	% DRI
ENERGY	53 kcal	265 kcal	13 %
FAT	0 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	1 mg	5 mg	2 %
SODIUM	28 mg	137 mg	6 %
CARBOHYDRATE	9 g	45 g	15 %
SUGARS	4 g	21 g	—
FIBER	1 g	5 g	20 %
PROTEIN	4 g	22 g	—