

PROTEIN BERRY SMOOTHIE

Ingredients

25g of oats
1 scoop whey protein (undenatured) or
vegan protein powder
1 tbsp coconut oil
150ml of probiotic yoghurt
100ml of milk (regular, almond or coconut)
1/2 banana
1 tbsp mixed seeds
150g frozen berries – blueberries, raspberries,
blackberries, cranberries
1 tbsp maca powder (optional)
Handful of ice



Blend all ingredients in a blender or liquidiser.

Whey protein brands that are undenatured
(*the first 2 are from grass fed cows*):

Pink Sun Grass fed whey protein
Natural Nutrients Grass Fed Whey protein
Organic Whey from the Organic Whey Protein Company
Well Wisdom Vital Whey
Pro Health ImmunPlex
The Protein Works Whey Protein
ImmunoPro

Vegan protein powders:

Sun Warrior Blend (vanilla or chocolate)
Pulsin hemp, rice or pea proteins