



BERRY BLITZ SHAKE

Aim: To provide a nutritious filling start to your day on the go!

Ingredients

- 1 scoop protein powder
- 100g frozen berries
- 20g peanut butter
- 20g oats
- 100ml unsweetened almond milk

Directions

READY IN: 2 // SERVINGS: 1

1. Blitz and drink (add ice to make a thicker shake).
2. This will also keep in the fridge overnight for advanced preparation.

Variations to consider: use your favourite fruits, throw in chocolate spread for something more indulgent, or drop the oats or nut butter for something a little lighter.

CALORIES

359

CARBOHYDRATE

24

PROTEIN

33

FAT

15