

Blend and ENJOY!

Rich Berry Smoothie



**TIME TO
PREPARE**

5
minutes



**COOK
TIME**

0
minutes



SERVING

2 Smoothies



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- *1 cup Mixed Berries frozen*
- *1 1/2 cups Almond or Coconut Milk*
- *1 scoop Protein Powder (vanilla)*
- *1 Banana*
- *Ice*
- *Optional: top with unsweetened coconut flakes + almond butter*

Method

01. Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.
02. Frozen bananas work best in smoothies. Peel, slice in half, and place in a large zip lock bag in the freezer overnight.
03. Add more spinach and kale to increase nutritional benefits.
04. ENJOY!

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