

# Raspberry Protein Smoothie

## Serves 1

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

## What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.



GF	HP	V	Q	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					5 mins	0 mins	331	12	25	29

\*Nutrition per serving

