

Antioxidant Blueberry Protein Smoothie

Serves 1

½ cup (125ml) coconut water

½ cup (125ml) almond milk, unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

What you need to do

1. Blend all the ingredients in a high-speed blender until smooth and serve.



GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving

