

Summer Smoothie Protein Bowl

Serves 2

2 medium peaches, chopped, frozen

1 medium banana, sliced, frozen

¾ cup (190g) natural yogurt

½ cup (125ml) coconut water

1 scoop (25g) vanilla protein powder

Optional toppings:

fresh berries

Goji berries

walnuts

chia seeds

muesli

What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

Note: Toppings are not included in macronutrient information, or shopping list.

GF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	252	5	36	18

*Nutrition per serving

