

Protein Berry Smoothie Bowl

Serves 1

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

What you need to do

1. Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.
2. Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.
3. Transfer into a serving bowl and top with favorite toppings.

Note: Toppings are not included in nutrition information.

GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	297	2	49	23

*Nutrition per serving

