

Berry, banana & lime smoothie



100g frozen mixed berries
100g frozen ripe banana
200ml unsweetened almond milk
juice of ½ lime
20g fresh spinach
25g vanilla flavour whey or rice
protein powder (optional)

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:

269 Calories

33g Carbs

23g Protein

5g Fat