

Quick and easy



# Avocado and berry smoothie

*Serves 1*

55g avocado

30g protein powder

185ml unsweetened almond milk

55g blueberries

50g raspberries

20g almonds, flaked, whole or ground

45g yoghurt, such as Greek, natural or soya

## Method

Mega simple; just combine everything in a liquidiser and blend until smooth.

## Alternative ingredients

To make this nut-free, swap the almond milk for the same amount of another milk (e.g. soya). The almonds can be swapped for an additional 45g of avocado or for 20g of seeds such as chia or ground flaxseed.