

Quick and easy



Coconut and chocolate smoothie

Serves 1

95g banana (roughly 1 medium banana), peeled

185ml unsweetened almond or soya milk

110ml reduced-fat coconut milk, tinned

70g yoghurt, such as Greek, natural, soya

20g chocolate or vanilla protein powder

25g ground flaxseed

2 tsp cocoa powder

Handful of ice

Method

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