



## GENERAL MENU SET RECIPE OPTION

# Blueberry boom

## INGREDIENTS (1 serving)

- 95g (3.3oz) avocado
- 50g (1.7oz) protein powder
- 410ml (13.8 fl. oz) unsweetened almond milk
- 95g (3.2oz) blueberries
- 35g (1.3oz) almonds
- 90g (3oz) 0% fat Greek yogurt
- 70g (2.4oz) raspberries

This fruity smoothie is crammed full of vitamins and is the ideal last minute breakfast if you're on the go. Try not to get into the habit of having smoothies everyday though - real food always wins!

## METHOD

Simply blitz all the ingredients together in blender until nice and smooth.