

Berry & kiwi smoothie

180ml unsweetened almond milk
(or use fresh milk of your choice)
80g frozen blueberries or raspberries
1 ripe kiwi, ends removed
30g vanilla flavour whey or
plant-based protein powder
a sprinkle of pistachios, chopped
(optional)

Place all of the ingredients in a blender jug.
Blend well until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
253 Calories
25g Carbs
27g Protein
5g Fat



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