

ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



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Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
197 kcal
4g Fats
14g Carbs
26g Protein



WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.