

BERRY KIWI GREEN SMOOTHIE



Serves	2
Difficulty	Easy
Preparation	5 MINS

This protein and calcium packed smoothie makes a perfect post-workout meal or a refreshing breakfast or snack.

INGREDIENTS

- 1 cup natural yoghurt
- 2 scoops vanilla whey based protein powder
- 1/2 cup mixed frozen berries
- 30g baby spinach leaves
- 2 kiwi fruit, peeled and chopped
- 1 tablespoon rice malt syrup, agave syrup or pure maple syrup
- crushed ice
- 1 tablespoon chia seeds
- 1 tablespoon coconut flakes
- 1/2 cup fresh blueberries, to serve

METHOD

- 1 Process yoghurt, protein powder, berries, spinach, kiwi fruit, syrup and ice with a stab blender until smooth.
- 2 Pour into two serving glasses or bowls. Top with chia seeds, coconut and blueberries. Serve immediately.