

SMOOTHIE BOWL

BERRY PARADISE

INGREDIENTS:

- 1 ½ Cups Frozen Berry Mix
- 1 ½ Fresh Banana (use the other half sliced as a topping)
- 2 tbsp Almond or Peanut Butter
- ¼ - ½ Cup Milk Alternative as needed
- 2 Scoops Bioteen Strawberry or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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