

## SMOOTHIE BOWL

# PURPLE RAIN

### INGREDIENTS:

- 1 ½ Cups Frozen Strawberries
- 1 Cup Frozen Blueberries
- 3 Pitted Dates
- 2 Cups Milk or Milk Alternative
- 2 Scoops Bioteen Vanilla 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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