

SMOOTHIE

RASPBERRY DELIGHT

INGREDIENTS:

- 2 Cups Frozen Raspberries
- 1 Cup Frozen Banana
- 2 tbsp Lime Juice
- 1 Cup Milk Alternative
- 2 Scoops Bioteen Strawberry or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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