

## SMOOTHIE

# STRAWBERRY PEACHY

### INGREDIENTS:

- ½ Cup Frozen Nectarines or Peaches
- ½ Cup Frozen Strawberries
- 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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