

SMOOTHIE

MIXED BERRY

INGREDIENTS:

- ½ Cup Frozen Blackberries
- ½ Cup Frozen Blueberries
- ½ Cup Frozen Raspberries
- 1 Cup Milk Alternative
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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