

SMOOTHIE

STRAWBERRY BLUEBERRY OATS

INGREDIENTS:

- 1 Cup Frozen Strawberries
- ½ Cup Frozen Blueberries
- 1 Cup Milk Alternative
- 1 tbsp Honey
- 1/3 Cup Raw Oats
- 2 Scoops Bioteen Strawberry or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

bioteen™

