

Oaty peach smoothie



DYNAMIX
HEALTH & FITNESS

1 peach, stone removed
10g almonds
15g oats (use gluten free if preferred)
30g vanilla flavour whey or rice protein powder (optional)
180ml unsweetened almond milk (or use milk of your choice)
4 fresh mint leaves
1 tsp vanilla extract
1 tsp chia seeds
4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:

327 Calories

26g Carbs

31g Protein

11g Fat

