

Strawberry & coconut smoothie



90g frozen strawberries
70ml unsweetened coconut milk
15g smooth almond butter
25g vanilla or strawberry flavour
whey or rice protein powder
200ml unsweetened almond milk
5g shelled hemp or flaxseed

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

Consume immediately.

SERVES 1



PER SERVING:

399 Calories

12g Carbs

27g Protein

27g Fat