

# Strawberry refresher smoothie



**DYNAMIX**  
HEALTH & FITNESS

200ml unsweetened almond milk  
50g fresh or frozen banana  
70g fresh strawberries  
30g blueberries and / or  
blackberries.  
1 heaped tsp sunflower, pumpkin,  
sesame seed mix  
1 heaped tsp shelled hemp seed  
4 ice cubes

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

*Consume immediately.*

**SERVES 1**



PER SERVING:  
197 Calories  
**23g Carbs**  
**6g Protein**  
**9g Fat**