

Morning glow smoothie

70g strawberries (fresh or frozen)
60g frozen banana slices
120ml unsweetened almond milk
(or use milk of your choice)
1 tsp vanilla extract
30g vanilla flavour whey or rice
protein powder (optional)
¼ ripe avocado
5g sunflower or pumpkin seeds
5g chia seeds
3 ice cubes

SERVES 1



DYNAMIX
HEALTH & FITNESS

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

Consume immediately.



PER SERVING:

376 Calories

29g Carbs

29g Protein

16g Fat

