



## HIGH PROTEIN SHAKE

Try this homemade high protein shake, delicious and full of nutrients. A great post-workout drink.

 10 minutes 10 minutes 1 portion

## INGREDIENTS

- 30 grams of milk, dry, skim, powder, instant
- 200 grams of milk, semi-skimmed, pasteurised, average
- 100 grams of banana, raw
- 50 grams of raspberries, raw
- 1/2 average spread of honey (10 g)
- 10 grams of oats
- 5 grams of seeds, chia seeds, dried

## COOKING METHOD

- 1° Blend all of the ingredients together to create a delicious smoothie

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (405 g)	% DRI
ENERGY	97 kcal	393 kcal	20 %
FAT	2 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	4 mg	17 mg	6 %
SODIUM	63 mg	255 mg	11 %
CARBOHYDRATE	16 g	67 g	22 %
SUGARS	12 g	47 g	—
FIBER	1 g	5 g	18 %
PROTEIN	5 g	22 g	—