

**BERRY SMOOTHIE**

Quick and easy breakfast on the go that is super tasty!

1 portion

INGREDIENTS

- 40 grams of strawberries, frozen, unsweetened
- 40 grams of blueberries, frozen, unsweetened
- 1 medium banana [118 g]
- 1 Cup of water
- 30 grams of , Whey Protein Powder
- 1 tbsp of Greek yoghurt, plain, nonfat

COOKING METHOD

- 1° Blend all ingredients until smooth

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (495 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 53 kcal | 265 kcal | 13 % |
| FAT | 0 g | 1 g | 2 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 0 g | 2 % |
| CHOLESTEROL | 1 mg | 5 mg | 2 % |
| SODIUM | 28 mg | 137 mg | 6 % |
| CARBOHYDRATE | 9 g | 45 g | 15 % |
| SUGARS | 4 g | 21 g | — |
| FIBER | 1 g | 5 g | 20 % |
| PROTEIN | 4 g | 22 g | — |