

Rebecca's Breakfast Smoothie



Getting Started

Preparation time: – 2 minutes

Cooking Time: – None

Oven Temperature: – None

Ingredients

200ml of a non-dairy milk (eg rice, almond, oat or coconut) <i>this amount can vary according to how thick or thin you like your smoothie</i>

1 heaped tbsp of a good quality protein powder (eg Vital pea protein or Isowhey)

1 flat tbsp of LSA mix (linseed, sunflower and almond) from a health food shop

A small handful of berries (eg blueberries, raspberries, strawberries etc) or a small banana

2 tbsp of plain, pot set, unsweetened yoghurt (eg Jalna organic)

Method

Place everything together in a Bullet, a George Forman Mix N Go or simply blend with a stick blender, and enjoy.