

## Nuts and Berry Smoothie

**Serves:** 1

**Preparation time:** 5 minutes

### Ingredients:

125g sliced mango

2tbsp almond or cashew butter or

2 tbsp ground almonds or cashew's for added crunch!

1 handful of frozen Blackberries

2 tbsp Greek yoghurt

1 scoop vanilla protein powder (optional) (We recommend Awesome Whey Protein)

100ml almond milk



### Preparation instructions:

1. Place all the ingredients listed above into a blender and blend.
2. Don't go nuts. (control your nut portion as it can significantly increase the calories)

### Additional recommendations:

- It is highly recommended when selecting ingredients that organic be selected where possible.

Macro info per serving - With Awesome Whey Protein			
<b>Protein</b> 21.2g 24%	<b>Carbs</b> 45.6g 52%	<b>Fat</b> 9.1g 23%	<b>Kcal</b> 339

Note: All data is approximate, please be aware slight deviations can occur in foods of the same type due to differences in place of origin of food, farming methods etc.

Disclaimer: Although every care has been taken in preparing the information contained in this recipe, the author does not and cannot guarantee the individual response to any food consumed. Anyone using the recipe does so at their own risk and shall be deemed to indemnify the author from any adverse reaction. The author recommends if in doubt about any ingredient consult with a licensed medical practitioner/nutritionist.

