

# **ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE**



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Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
197 kcal  
4g Fats  
14g Carbs  
26g Protein



## WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

## WHAT YOU NEED TO DO

*Blend all the ingredients in a high-speed blender until smooth and serve.*