

Blended Blueberry Breakfast Smoothie

FAST MORNING BOOST

EXOTIC
DRINKS
FROM AROUND THE WORLD

“For over 15 years I’ve been using versions of this recipe on days when I need an energy boost in the morning but just haven’t the time to cook.”

Jonathan Bradshaw, CEO,
The Meetology® Group





Ingredients

Serves one glass

250ml Skimmed Milk

Two Bananas

50g Frozen Blueberries

50g Organic Protein Powder

(optional)

20g Chia Seeds

20g Milled Flax

Dash of Honey



Method

1. Put the ingredients in a high powered blender.
2. Blend on maximum setting for 30 seconds, stir and repeat.
3. The smoothie will thicken over time. Variations include using fresh unfrozen blueberries (ou'll lose the cool temperature of the drink) or adding a handful of grapes for additional sweetness. Yum!

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