

COCONUT & BERRY BANANA SMOOTHIE

Serves 3–4

Prep time 5 minutes

Carb count 10 g per serve

INGREDIENTS

1 banana, peeled

½ cup frozen blueberries

2 cups water

400 ml can full-fat coconut milk

3–4 tbsp good-quality whole-food protein powder (any natural flavour)

ice cubes (optional)

METHOD

Place all the ingredients into a blender and blend until smooth – super quick and easy!

SUMMER SUPER-FOOD SMOOTHIE

Serves 4

Prep time 5 minutes

Carb count 4 g per serve

INGREDIENTS

1 punnet (250 g) strawberries, green tops removed

1 bunch asparagus, woody ends removed

400 ml can full-fat coconut cream (or 50/50 mix of water and cream if you prefer)

2 cups water

2 tbsp pumpkin seeds

2 tbsp linseeds (flax seeds)

ice cubes (optional)

2–3 tbsp good-quality natural-flavour whole-food protein powder

METHOD

Quickly wash the strawberries and asparagus, then place in a blender along with the other ingredients and blend until smooth and creamy.