

Power Berry Smoothie

 Serves: 1  Difficulty: Easy

An on-the-road smoothie is a meal or snack, packed full of fibre, protein and healthy fats to keep you full, plus it's an easy way to include fruit or vegetables if you don't particularly enjoy them. Try out some frozen cauliflower for added nutrients; you won't even notice it!



Ingredients

- 3/4 cup mixed frozen berries
- ½ frozen banana
- ½ cup milk
- ¼ cup rolled oats
- 1 tbsp peanut butter
- Vegetables –
e.g. 1 cup spinach
e.g. ¼ cup frozen cauliflower
- 2 tbsp Greek yoghurt
- 1 serve of protein powder – optional

Method

1. Put all ingredients in a blender or portable blender and blend until smooth.