



THE PROTEIN SMOOTHIE BOWL

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Smoothie Base (makes one portion):

- 1/2 banana
- 15 fresh blueberries or 50g of frozen
- 10 whole almonds
- 1 scoop (30g) of raw sport protein powder
- 1 tablespoon (20g) of hulled hemp seeds
- 1/2 teaspoon of ground cinnamon
- 10g coconut nectar or raw honey
- 100ml of KOKO coconut milk

Muesli:

- 3 tablespoons (50g) muesli. You can use your preferred muesli, my favourite is Primrose Kitchen Carrot and Cinnamon

Chop & Top:

- 10 pecan nuts
- the other half of the banana
- drizzle of coconut nectar
- 10g desiccated coconut

METHOD:

For the Smoothie Base: (BLEND)

- Half a banana
- Blueberries
- Almonds
- RawSport Protein
- Hemp seed
- Ground cinnamon
- Coconut nectar

Fill up to 200ml with coconut milk using your measurement on the blender jug (if yours has one) with all other ingredients already in.

Place your smoothie into the bowl and in the centre spoon on your Primrose Kitchen Muesli.

Chop and Top:

- Half a banana
- Chop the pecan nuts (10) and scatter across the surface of the bowl.
- Garnish with mixed seeds, desiccated coconut and a drizzle of coconut nectar.