



Protein Smoothie: Ingredients and Method



Night before -

Take your container and fill with frozen ingredients:

- Mixed berries
- Spinach
- cherries
- Avocado

add chia seeds/oats/buckwheat and plant based milk of choice
Place in the fridge overnight.

The following morning:

Take container from the fridge and add:

1 x Scoop of Sun Warrior protein powder (choc flavour)
Any fresh ingredients i.e. Kale

Blitz and top with toasted nuts/seeds/cacao nibs etc