



Wild Berry Smoothie

Ingredients

- 1 scoop protein powder
- 1/3 cup mixed berries
- 2 tbsps LSA (linseed, sesame, almonds)
- 2 heaped tbsp Greek yoghurt
- 100 mL water
- 1-2 tbsp Cocoa (optional)
- 1 tbsp maca powder (optional)

Directions

- Simply put all the ingredients in a blender and mix for a minute on high. If you have time, sprinkle some cocoa nibs and dessiccated coconut on top to serve.