

BERRY YOGHURT SMOOTHIE

RECIPE BY: TEAM WELLBE



VEGETARIAN

DIFFICULTY: EASY

TIME: 5 MINS

SERVES: 1

Packed full of gut-friendly fibre and probiotics.

METHOD

Mix everything in a blender until smooth. Enjoy immediately.

INGREDIENTS

- 1/2 cup frozen or fresh berries
- 200 g plain yoghurt, full cream or double cream
- 1 serving vanilla protein powder or 1 Tbsp nut butter
- 30-40 g plain oats
- Sweetener to taste
- 4-8 ice cubes (optional)