

Summer berry smoothie

Preparation time 5 minutes

Ingredients:

¾ cup berries (strawberries, raspberries, blueberries, black currants..)
1/3 courgette
3 tbsp natural full fat yoghurt
½ banana
1 cup water
Scoop protein powder e.g. pea, hemp or whey (optional)

Directions:

- Place all ingredients in a high-speed blender or Nutribullet and blend until smooth. Add more water if thinner consistency required

If using frozen berries make sure they are Irish. The FSAI still have a warning in place to avoid imported frozen berries unless boiled
https://www.fsai.ie/faq/frozen_berries.html.

Try freezing peeled and sliced bananas and sliced courgettes to add creaminess and nutrition to smoothies.

The smoothie makes a great quick breakfast or snack. Use your favourite berries and add seeds for extra protein