



CENTRES CLINICS COURSES

## **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 <a href="https://www.fsai.ie/faq/frozen\_berries.html">https://www.fsai.ie/faq/frozen\_berries.html</a>.

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

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