

Berry Smoothie

Smoothie

Serves: 4



Shopping & Ingredients List:

450g frozen **Berries**
450g light **Strawberry Yogurt**
100ml **Skimmed Milk**
25g **Porridge Oats**
1 scoop **Active Greens**

Method

1. Whizz the berries, yogurt and milk together with a stick blender until smooth. Stir through the porridge oats, then pour into 4 glasses and serve.

Macro info per serving:

Protein

10g

Carbs

30g

Fat

2g

Energy

178Kcal