

Quick & Easy

HONEY PROTEIN SHAKE



Honey Protein Shake

INGREDIENTS

- 150g/5½oz fat free Greek yoghurt
- 100g/3½oz blueberries
- 175ml/6fl oz almond milk
- 1 tsp honey
- 100g/3½oz silken tofu
- 15g/½oz smooth peanut butter, to serve



METHOD

01 Place all of the ingredients apart from the peanut butter into a blender and blitz until smooth and combined.

02 Use the back of a teaspoon to spread the peanut butter around the inside of a tall glass, or alternatively add to the blender and pulse until combined with the other ingredients.

03 Pour the smoothie into the glass and enjoy!

Enjoy the taste!!