

Smoothie 'Plus' Protein Recipe suggestion

Serves 1 (243kcal, 23g protein per serving)



Ingredients*

- 1 sachet of ProSource Plus Citrus Berry flavour
- 80g frozen berries
- 80g full fat natural yogurt
- 80ml whole milk

Method

Whizz all the ingredients together with a stick blender or smoothie maker until smooth. Pour into a glass and serve



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.