

Blackberry Bliss Smoothie

Ingredients:

1 cup milk choice

1 cup blackberries

1/4 cup apricots

1/4 cup strawberries

1/2 tbsp lime juice

1 scoop vanilla whey protein powder

1/2 tbsp nut butter

Method:

Add all the ingredients for the blackberry smoothie into your blender and blend well. Pour into a cup and enjoy!

It is a good idea to use frozen fruit as it makes the smoothie thicker.

