## Heavenly Blueberry Smoothie

## Ingredients:

- 1-2 plums
- 1/2 cup cherries
- 1/2 cup blueberries
- 1/2 cup plain yoghurt
- 1 cup milk choice (Jen is using almond milk)
- 1 scoop vanilla whey protein powder

## Method:

Combine all the ingredients in the blender and blend until smooth. Enjoy!



