

High Protein Blueberry Smoothie

Ingredients	
Lactose free milk, regular fat	2 cup (250mL)
Blueberry, raw	0.50 cup (250mL)
Banana, raw	1 medium (100g)
Protein powder, WPI (lean any flavour)	1 serving/scoop (30g)



Makes 1 Serves (724g per serve)

Meal Time

Breakfast

Description

An on-the-go breakfast idea, for those with lactose intolerance.

Methods

1. Blitz the ingredients together in a blender.
2. Pour into a large glass to serve.

Meal Tags

Pescatarian Friendly, Vegetarian Friendly, Simple, Halal Friendly

Nutrition Tags

Low Sodium, Low Lactose, Soy Free, Nut Free, Gluten Free, Low GI, Low FODMAP, Egg Free, High Carb, High Protein, Low Fat, Seafood Free, Wheat Free, Large Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	724g	100.00g
Energy (kJ)	2,371kJ	327kJ
Protein (g)	43g	6g
Fat (g)	19g	3g
Carbohydrate (g)	55g	8g
Sugar (g)	46g	6g
Fibre (g)	4g	1g
Sodium (mg)	273mg	38mg