

Protein Shake/Smoothie Lean with Fibre

Ingredients	
Protein powder, WPI (lean any flavour)	30 gram
Benefiber	4 teaspoon
Water, tap	250 ml



Makes 1 Serves (287g per serve)

Meal Time

Snack

Description

Sometimes we just need to top up between meals. Sometimes we need a protein spike after a session at the gym. A lean whey protein isolate such as True Protein or Bulk Nutrients, allow for this quick spike without the added calories. By adding fibre it enhances the satiety effect (makes you feel fuller for longer).

We use Benefiber in this recipe as it tends to blend better in addition to having a pre-biotic effect on the gut (great for gut health). If you choose to use other supplements like Metamucil or Psyllium Husks, that too is fine, just consume immediately to avoid the congealing affect of these fiber supplements.

Tip: Add ice, water and protein powder to a blender and mix for 30 seconds for the best consistency.

Methods

1. Add 250-300ml of water to a blender.
2. Add the scoop of protein powder (preferred brands are True Protein and Bulk Nutrients). Typically this is a 30g scoop.
*A lean scoop should have less than 500kJ (120Cal).
3. Add 3 ice cubes and blend for 30 seconds.
4. Add 4 tsp of Benefiber to the blender to mix thoroughly.
5. Pour into a glass to serve.

Meal Tags

Halal Friendly, Pescatarian Friendly, Vegetarian Friendly, Simple

Nutrition Tags

Low Sodium, Low Fat, Low Carb, Keto Friendly, Low Energy Density, Egg Free, High Fibre, High Protein, Nut Free, Seafood Free, Soy Free

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	287g	100.00g
Energy (kJ)	532kJ	185kJ
Protein (g)	25g	9g
Fat (g)	0g	0g
Carbohydrate (g)	3g	1g

Analysis Summary

Sugar (g)	0g	0g
Fibre (g)	6g	2g
Sodium (mg)	44mg	15mg