



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: Nil

Serves: 1

INGREDIENTS

- 1 cup frozen mixed berries
- (or blueberries for low disaccharide)
- 1 cup almond or coconut milk (unsweetened)
- 2 tbsp chocolate protein powder, see note
- 1 tbsp cacao powder
- 1 tbsp honey, or sweetener, optional, see note

METHOD

- Place all ingredients into blender and blend until smooth.
- Serve immediately.

NOTE:

- To make low disaccharide, use only blueberries instead of mixed berries.
- I use Protein powder: *[Prana Tribal Force Protein, choc cherry coconut flavour](#)*.
- When using this protein powder, I find it sweet enough to leave out the honey.

CHOC BERRY PROTEIN SHAKE

