



The Reset Smoothie

SERVINGS: 1

CARBS: 19G FAT: 2.4G PROTEIN: 35G

Ingredients

125ml Plenish Soya
Milk
1tbs MCT Oil
125g 5% Greek Yogurt
30g Spinach
1 tsp cinnamon
1 tsp vanilla essence
25g Organic Whey
Protein
70g Blueberries
50g Mixed berries

Directions

1. Place all the ingredients into a blender and whizz together until fully blended.

You can use fresh or frozen fruits and spinach. MCT oil is like rocket fuel and will give you energy, perfect before a workout. Cinnamon has anti-inflammatory properties. Only use a whey powder with one ingredient in it.

JEN THE HEALTH COACH RECIPE