



Gabriela Peacock

ENERGY & SLEEP

Energy Boosting Smoothie

Ingredients:

Handful of Frozen Berries (*blueberries*)
Spoonful of Almond / Nut Butter
Spoonful of Coconut Butter
Small handful of Nuts & Seeds
Half a Banana
Half an Avocado
Sachet of GP Nutrition Vegan Chocolate Protein Powder (*or any protein powder or coconut yoghurt*)
Almond (*or nut milk of choice*)
Add a shot of Espresso or handful of Greens (*optional*)

Method:

Combine all ingredients in a blender and serve.

