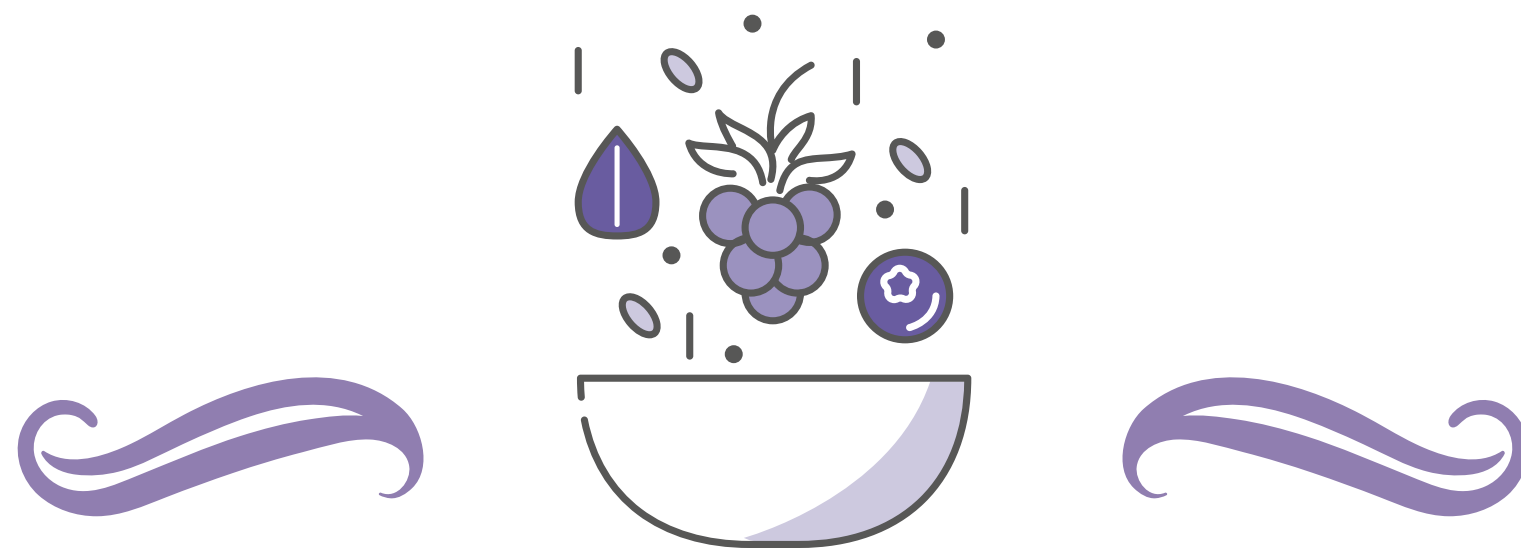


the berry
company

SUPERBERRY ~ PORRIDGE





SUPERBERRY PORRIDGE

THE PERFECT WINTER WARMER

SERVE IN A BREAKFAST BOWL

LIST *of* INGREDIENTS

100ML	THE BERRY COMPANY SUPERBERRIES PURPLE JUICE
40G	PORRIDGE OATS
25G	@MYPROTEIN VANILLA WHEY
1	FIG (CUT IN HALF)
1	PLUM (CUT IN HALF)
15G	CASHEW NUTS

Mix the oats, Superberries Juice and 100ml water together and microwave for 2 minutes, stir in the whey and garnish with the fruit and nuts – easy!

ENJOY

REPEAT

@DONUTSKIPTHEGYM FOR THE BERRY COMPANY