

the berry
company



WINTER CHRISTMAS SMOOTHIE BOWL

T H E B E R R Y C O M P A N Y



XMAS SMOOTHIE BOWL

BERRY CHRISTMAS AND A HEALTHY NEW YEAR!

LIST <i>of</i> INGREDIENTS		
SERVE IN A BREAKFAST BOWL	165ML	THE BERRY COMPANY AÇAÍ JUICE
	1	LARGE FROZEN BANANA
	1/2	SACHET OF FROZEN AÇAÍ
	1/4 cup	FRESH BLUEBERRIES
	1/2 tbsp	BEETROOT POWDER
	3/4 cup	COCONUT WATER
	1 scoop	CLEAR SOY GRAPE PROTEIN
	1/2 scoop	SALTED CARAMELPROTEIN
	Optional	PROTEIN COOKIE, KIWI, PECAN NUTS

Add all ingredients to a blender and blitz to your desired texture, (we like it smooth). Pour into a bowl and decorate with your favourite fruit, nuts and protein cookies!

ENJOY
REPEAT

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