Creamy berry smoothie

BODY TRANSFORMATION CENTRE

50g fresh raspberries
70g fresh strawberries
60g plain yoghurt (use dairy free if preferred)
1 tsp chia seeds
150ml chilled unsweetened almond milk
juice of ½ a lime

SERVES 1

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

PER SERVING:
163 Calories
19g Carbs
6g Protein
7g Fat