Soft scoop protein smoothie bowl

60g frozen banana

50g ripe avocado

30g Per4m coconut creme or vanilla creme protein powder

40ml milk of your choice

Suggested toppings (optional):

Blueberries, sliced kiwi, sliced nectarine and/or coconut flakes.

**Note:** Suggested toppings are not included in the calorie and macro calculations.

SERVES 1

PER SERVING:

278 Calories

23g Carbs

24g Protein

10g Fat

Place the ingredients in a blender and blend well for 2-3 minutes, until thick and creamy.

Add the suggested toppings if desired.

Consume immediately.Soft scoop protein smoothie bowl barcode.png