

Antioxidant high protein smoothie

I talk a lot about the importance of prioritising both protein and fibre when creating meals, especially during midlife to support overall health and weight.

This super filling and delicious smoothie will keep you satisfied all morning long, containing 30g protein, over 7g dietary fibre and a dose of anti-inflammatory good fats from the addition of avocado and seeds.

Serves 1

Prep: 5 min

½ cup frozen blueberries

½ small banana

¼ avocado

25g baby spinach leaves

35g protein powder

2 tsp chia seeds

2 tsp hemp seeds

1 Place all ingredients in a blender with 300ml chilled water and blend until thick and creamy.