



Courtesy of Train Magazine

Breakfast Blend Of Champions

Ingredients

- 1/2 can full-fat coconut milk
- 200 ml water
- 1 raw egg
- 30 g colostrum protein powder
- 1-2 handfuls mixed frozen berries
- 1/2 cup steel-cut oats (raw)
- 1 banana
- 2 tbsp ground almonds (almond meal)
- 1 tsp Manuka honey
- 1 tbsp ground chia seeds

Directions

1. Blend together. Sip and savor!