



## **MyProtein Fruit Funk Smoothie**

### **Ingredients**

MyProtein Impact Whey, Strawberry 1 scoop

Mixed frozen berries 1 handful

Coconut water 250 ml (cold fruit tea is an OK replacement)

### **Directions**

1. Blend all ingredients together. Drink up!

### **Nutrition Facts**

Serving size: 1 smoothie

Recipe yields 1 serving

Calories 315

Fats 4 g

Carbs 50 g

Protein 21 g