

Berry Delicious Smoothie

2 or 3 scoops of **Bio Protein**



¼ cup **Pure Blueberry Juice**



¼ cup eCosway **Wildberry Jam**



½ or whole banana (depending on size)



1 ½ cups of milk (or your choice of soy, oat, rice or almond milk)



¾ cup plain unsweetened yogurt



1 ¼ cups frozen berries (mixed, raspberries etc)



½ cup ice cubes



Blend all ingredients together, serve immediately