

BLUEBERRY SUPER SMOOTHIE

- 100g Frozen Blueberries
- 50g Frozen Mango 50g
- 1 tbsp of Themptation Hemp Protein Powder
- 1 Can of Essential Coconut Milk
- 100ml Water

Serves 4



METHOD

Shake the can of coconut milk well before opening and pour into the blender container.

Add the rest of the ingredients to the coconut milk. Blitz until the smoothie is all mixed and the consistency is smooth.

Refrigerate and drink within 2 days (although it's best when fresh!)

