

Double Berry and Macca Protein Shake

I add Macca powder to most smoothies as I do coconut oil. It's particularly good for women as it has been linked to balancing hormones/mood swings, decreasing menopausal symptoms, and is known to increase energy and athletic performance. As well as these Macca is packed with vitamins, fatty acids, calcium and phosphorus, making it an immune boosting nutrient. As with any supplements you should check that it is safe for you to use alongside any other medication you take.

- Handful chopped strawberries
- Handful raspberries
- 1 teaspoon Macca powder
- 1 scoop unsweetened protein powder
- 5 whole almonds
- 200ml almond milk
- 100ml water
- 1 Small Banana

