

Blueberry and Walnut Smoothie



Serves 2

- Handful blueberries
- Approx.8 walnuts
- Half a carrot (diced)
- Teaspoon macca powder
- 250ml milk
- 200ml water
- 1 banana

Macca powder is rich in vitamins B,C and E and also contains zinc, magnesium and iron. It will provide you with energy and stamina and is known to alleviate menstrual issues such as cramps, hot flushes and mood swings.