

Protein Booster Smoothie

Ingredients:

Qty

- | | |
|---|----------|
| 1. Flax seeds | 1 x Tbsp |
| 2. Chia seeds | 1 x Tbsp |
| 3. Mesquite or Maca powder | 1 x tsp |
| 4. Cacao nibs | 1 x Tbsp |
| 5. Egg, pasture reared | 2 |
| 6. Salt | pinch |
| 7. Butter pasture reared or coconut oil | 1 x tsp |
| 8. Honey | 1 x tsp |
| 9. Purified water | 2 x Tbsp |

This meal is not only rich in protein; it is indeed a full meal and loaded with omega 3 essential fatty acids, vitamins, antioxidants, minerals and good fats. Every one that needs a boost should consider this smoothie.

Preparation:

1. Grind the flax and chia seeds together in a coffee grinder or Personal Blender.
2. Add the cacao nibs and grind it as smooth as possible.
3. Put the water in a clean blending jar.
4. Break the eggs in the water containing blender bowl.
5. Add all the remainder of the ingredients and lastly add the ground dry ingredients.
6. Close the lid and blend until smooth.

Serve 1 person

Enjoy it &



www.gonatural.co.za