

INNATE BRILLIANCE

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High Protein Breakfast Smoothie

Ingredients

- Raw almonds (with skin) – 8 to 10 (soaked overnight, rinsed)
- Chia seeds – 1 heaped tablespoon
- Strawberries – 4-6
- Blueberries – handful
- Coconut cream – 1 tablespoon
- Banana –1 large
- Vanilla extract – few drops
- Water – 10 oz.
- Protein powder – 1 scoop

Method

Blend all ingredients in your blender till smooth consistency is reached. If using whey protein concentrate, add only in the end and pulse it in gently. For variety, experiment with different seasonal fruits and other nuts like cashews.

