

beauty food.

BERRY BOMBSHELL
VANILLA OAT SHAKE

Recipe



BERRY BOMBSHELL

vanilla oat shake

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food.

SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

0.4G SUGAR/SERVE

PREP ~ 2 MINS

A delicious morning shake that's high in protein, high in fibre and low in sugar. We've used our Berry Bombshell Nut Butter, which is almond butter based with real bits of raspberry throughout, to thicken the smoothie and add the most delicious flavour.

INGREDIENTS

- 2 medium bananas, frozen and chopped
- 1 1/2 cups (1 punnet) strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon Beauty Food Berry Bombshell Nut Butter
- 2 tablespoons rolled oats
- 2 cups oat milk

METHOD

Add banana, strawberries, vanilla, Beauty Food Berry Bombshell Nut Butter, oats and oat milk into a blender.

Blend on high until smooth.

★ NOTES

Smoothies are great vessels to get in any superfoods you have sitting at the back of your pantry.

We love adding chia seeds, hemp seeds, our Bioactive Marine Collagen Powder and cinnamon to our smoothies when we have them on hand.