



BERRY PROTEIN FLUFF

Sanlam Wellness

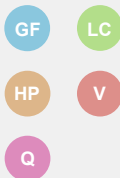
BERRY PROTEIN FLUFF



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
1g Fats
17g Carbs
24g Protein
5g Fiber



WHAT YOU NEED

- 1 cup (150g) frozen berries
- ¼ cup (25g) vanilla whey
- ¼ cup (60ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all ingredients in a bowl and, using a hand blender, blend together until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains in volume.

Serve immediately.

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