

## JSHealth Power Protein Smoothie

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## JSHealth Power Protein Smoothie

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This smoothie from Jessica Sepel makes a great nutritional breakfast, or on-the-go snack option to boost your energy levels and resist cravings.

### Serves: 1

- 1 serving of protein powder – either 100% natural pea, sprouted brown rice or whey protein or 1 raw egg or 2 tbsp LSA mix (linseed, sunflower, almond meal)
- 1 – 2 tsp stevia granules/ powder or stevia liquid
- ½ tsp cinnamon, ground
- 1 tsp vanilla extract/powder (if available)
- 1 tbsp chia seeds or psyllium husk
- ½ cup frozen berries
- ¼-½ frozen banana
- ½ cup spinach leaves (can omit)
- ½ cup almond or coconut milk
- ½ cup ice blocks (the more ice the creamier!)
- ½ cup filtered water

Add all ingredients to a food processor or blender.

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Pour into a glass or bowl and top with desiccated coconut, sliced fruit or nuts and seeds for the crunch factor!

Recipe from from Living the [Healthy Life by Jessica Sepel](#), RRP \$39.99, Macmillan Australia. The book is available now.

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function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
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