



NUTTY BANANA



Nutty Banana Smoothie

Ingredients – 1 Serve

- 150ml Milk (dairy or plant based) **or** Coconut Water
- 1 Scoop Flat Tummy Protein
- 1 Banana
- 1 Tbsp Pure Peanut Butter
- 125ml Water

Instructions

1. Place all ingredients into a Blender
2. Blend until smooth