



BLUEBERRY SMOOTHIE

Makes 1 large smoothie

Ingredients

1 overripe banana

1 cup blueberries (frozen)

2 Tbs Taupo Pure® milk powder

½ cup cold filtered water

Directions

1. Add the ingredients to a blender or NutriBullet and blend until all the ingredients are combined and smooth.
 2. Drink immediately.
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Optional additions

1 Tbsp cacao or cocoa powder

1 scoop vanilla ice-cream

½ cup greek yoghurt

1 tsp matcha green tea powder

Stonefruits, mixed berries are great additions too

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