

Oliver's Liquid Breakfast Smoothie

I would have this smoothie as often as possible as it gives you a full breakfast and many required nutrients.

250 ml of milk (goats, soy, nut, rice or oat)

Handful of almonds

Tablespoon of flax oil

1 small banana

Two tablespoons of oats

2-3 pitted dates

Handful of frozen berries

Tablespoon of ground flax powder, (try Linusprout)

A scoop of whey Protein (Solgar Vanilla 'Whey to Go' is recommended) for added protein is optional

Blend until smooth

