



Protein breakfast

Quick to put together and high protein - totally winning! Serves 1. Per serve: Cal: 394; Fat: 16g; Pro: 46g; Carbs: 16g

Serves: 1, Prep time: 00:05, Cook time: -

Instructions

Blend all ingredients together in a food processor (except the raspberries). Top with raspberries and nut butter.

Ingredients

- 30 grams Clean Lean Protein powder (vanilla) (1 oz)
- 0.5 cups Light cottage cheese
- 0.75 cups Unsweetened almond milk
- 1 tablespoon Psyllium husk
- 0.5 cups Raspberries (frozen)
- 1 tablespoon Peanut butter, (or other nut butter)