

Smoothie

Ingredients:

- 2 scoops of any protein powder. I recommend Bondi Protein Company Powder: Vegan Chocolate (2 scoops) from Chemist Warehouse
- Cinnamon: 1 tsp
- Kefir 28g (optional but will reduce inflammation which can be present when the nervous system needs to be calmed down)
- 1/4 tablespoon of Chia Seeds (if making the night before) 1/2 tablespoon if making on the morning
- 1/2 cup coconut water
- Blueberries 1/3 cup (great antioxidants but optional)
- Yoghurt and Banana (quantities will depend on consistency and taste preference)