

FREE RECIPE

Pear ginger & vanilla smoothie

200ml almond milk (or use milk of your choice)

50g Greek yoghurt

1 ripe pear, core removed

2 ice cubes

1 tsp vanilla extract

1 tsp ground ginger

for the topping: 3g mixed seeds

Serves 1

181 calories

5g fat

29g carbs

5g protein

Place all of the ingredients (except for the mixed seeds) in a blender and pulse until creamy.

Pour into a glass and sprinkle on the mixed seeds

Consume immediately.

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