

Creamy melon & orange smoothie

160ml unsweetened almond milk
100g cantaloupe melon, cut into chunks
60g frozen pineapple or mango chunks
50ml freshly squeezed orange juice
25g vanilla flavour whey or rice protein powder

Serves 1

Per serving:
207 calories
3g fat
23g carbs
22g protein

Place all of the ingredients into a blender jug and blend well until creamy. Serve.

Consume immediately.

