

SKINNY BERRY SMOOTHIE



Ingredients

- 1 scoop [Flat Tummy Protein](#)
- 100 grams Mixed Berries (frozen is BEST)
- 150ml Milk (dairy or non dairy)
- 150ml Water
- Handful of Ice

Instructions

1. Place all ingredients into a blender

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2. Blitz until smooth and creamy
The above makes **ONE** complete meal/serving

FLAT TUMMY PROTEIN

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[Click Here to find out more about Flat Tummy Protein](#)

If you have **Miss Fitness Life Slimdown Smoothie Mix** you can swap for **Flat Tummy Protein** 1:1 in all the recipes.

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