



RASPBERRY POP



Raspberry Pop

Ingredients

- 1 scoop Flat Tummy Protein
- 100 grams Raspberries (Fresh **or** Frozen)
- 150ml Milk (dairy **or** non dairy)
- 150ml Water
- Handful of Ice

Instructions

1. Place all ingredients into a blender
2. Blitz until smooth and creamy
3. **The above makes ONE complete meal/serving**