

Smoothies That Beat Your Standard Breakfast



Ingredients

500ml water

6 tbsp HCW Rice Milk Plus

2 bananas

2 tsp HCW Agave Syrup

2 tbsp HCW Almond Flour

3 tbsp HCW Oat Bran

2 tbsp HCW Just Protein (optional)

Method

1.

Add the Rice Milk Plus to the water and whisk well. Refrigerate overnight.

2.

Blend all the ingredients together well. Serves 2-3