



& THE HEALTHY CHEF

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Teresa Cutter

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It's all about a healthier *Body*

Mover and Shaker Smoothie

Protein 26g • Fat 12g • Carbs 23g • Cal 251

Banana blended with BSc WPI, young coconut, tahini + cinnamon + ice. Young coconut water acts like an electrolyte helps hydrate your cells, transport energy, speeds up metabolic rate and boosts circulation. The MCT (medium chain triglycerides) fats in coconuts don't get stored like most fats, but get transported straight to the liver to be used up for energy. Tahini is chock full of the minerals calcium, potassium, copper, iron, zinc and magnesium which helps support vascular health such as lowering blood pressure and nourishing a healthy immune system. A complete high protein breakfast that will fill you up and kick-start your morning.

Serves 1

INGREDIENTS:

- 1 banana
- 1 young coconut, juice and flesh
- 1 serve *Body* Vanilla Creme Protein Powder
- 1 tbsp tahini (sesame seed paste)
- Pinch cinnamon

1. Combine all ingredients into a blender
2. Blend until smooth and creamy
3. Serve immediately and enjoy.

Wheat Free – Gluten Free – Low GI – High Protein



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WF	GF	LC	P	V	GI
Wheat Free	Gluten Free	Low Carb	Protein	Vegetarian Vegan	Low GI