



01 / NICS BREAKFAST SHAKE

- 1 Scoop My Protein 'The Whey' - chocolate flavour
- 60g whole oats
- Teaspoon crunchy peanut butter
- 3 Brazil nuts
- 7 Almonds
- 250ml Almond milk

Serves: 1
Prep: 2 mins
Cook: 0 min

Nutrition per serving:
675 kcal
36g Fats
41g Carbs
45g Protein

Put all ingredients in a Nutribullet or blender and blend for 8-10 seconds (depending on how chunky you want the nuts!)

Add a teaspoon of instant coffee to the ingredients list and you'll be in chofee heaven! ...not to mention slightly more awake!