



Citrus Nut Burst



2 Servings



5 Minutes

INGREDIENTS

- 1 Cup Orange Juice: 112 Calories, 1,7 g Protein
- 1/2 Cup Greek Yogurt: 65 Calories, 5,5 g Protein
- 1 Banana: 105 Calories, 1,3 g Protein
- Almonds (1/6 Cup): 100 Calories, 3,6 g Protein
- Walnuts (1/6 Cup): 96 Calories, 2,3 g Protein
- Cashews (1/6 Cup): 211 Calories, 7,1 g Protein
- 1 Tbsp Flax Seeds: 55 Calories, 1,9 g Protein
- 1/2 Tsp Turmeric Powder: 4 calories, 0,1 g protein

• **TOTAL CALORIES: 748 CALORIES**

• **TOTAL PROTEIN: 23.56 PROTEIN**

DIRECTIONS

1. Wash, cut in half, de-seed and extract fresh orange juice.
2. We prefer to use fresh juice rather than store-bought orange juice.
3. Roughly chop the nuts.
4. Add all the dry ingredients in a blender.
5. Now add the wet ingredients.
6. Blend for a smooth mixture.
7. Serve chilled using ice cubes and garnish with dry fruits.

