



## Strawberry Manuka Protein Smoothie

EASY • 5 MINS

Packed with protein, lots of fibre, fresh fruit and the nourishing goodness of Authentic Manuka Honey – this recipe is a must-have for gym goers and sweet-treat lovers alike. Just pop it all in a blender and go!



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**SERVINGS**  
2

### Ingredients

- 500g (3 cups) fresh strawberries hulled and

### Method

1. Add all ingredients to a blender. Blend until smooth.

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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washed

- 1 banana
- 1¾ cups almond milk
- ½ cup Greek yoghurt
- 1 tbsp rolled oats
- 1 tsp almond butter
- Generous squeeze of **Capilano Authentic Manuka Honey**
- Protein powder of choice (optional)

## Used in this recipe



### AUTHENTIC MANUKA HONEY

#### **Nature's Sweet Superfood**

Made by some of the world's healthiest bees\*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

#### **Delicious Taste**

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

#### **Boost your Daily Health Routine**

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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