



Breakfast smoothie with berries & veggies

Description

Not everyone has the time (or patience) for a relaxed, sit-down breakfast. Some mornings you're rushing out the door, and sometimes you just don't feel like chewing your breakfast. That's where breakfast smoothies can save the day!

They're quick, convenient, and you can throw almost anything into a blender. Matcha powder, protein powder, vitamin supplements, seeds – there's a whole world of things you *could* add. But with a good combination of fresh, everyday ingredients, you can already get pretty far without needing all those extras. For example why skyr in your breakfast smoothie? Well it packs roughly twice the protein of regular yogurt and at same time is quite low in calories.

This breakfast smoothie has berries, a little green goodness, protein from skyr and soy milk, and oats to give it some substance. Because even when you're drinking your breakfast, a little chewing isn't such a bad idea. It can help you slow down and feel more satisfied. So don't blend it into oblivion if you prefer a bit of texture.

And the best part? Five minutes, one blender, and breakfast is sorted. You can even take it with you. Whoever put the fast in breakfast must have been thinking of smoothies.

BLF balance – How balanced the recipe is across protein, plants, fibre, quality fats and variety.

9 / 10

BLF Flavour

8.5 / 10

BLF Easy

9.5 / 10

MAKE IT MORE BALANCED

Throw in 3â€“5 fresh mint leaves before blending. (**Flavour boost**)

Throw in a squeeze of lemon before drinking. (**Flavour & vitamine C boost**)

BREAKFAST SMOOTHIE BERRIES & VEGGIES



Nourishment breakfast smoothie

Fiber: High (~10–12 g)

Veggie level: Some (spinach & avocado)

Keeps you full: Pretty well

Energy: Grounded & fresh

Mood: Fresh, fruity & ready to go

Details

Servings
2 servings

Prep time
5 minutes

Cooking time
0 minutes

Protein
~23-25 gr



Ingredients

- 300 gr plain skyr
- 200 ml unsweetened soy milk
- 100 gr frozen raspberries
- 100 gr frozen blueberries
- 40 gr fresh spinach
- 1/2 avocado

- 30 gr rolled oats



Directions

- Put the frozen raspberries and blueberries in a bowl with a little warm (not hot) water for a few minutes. Drain before using.
- Add the soy milk and skyr, followed by the berries, spinach, avocado and oats.
- Blend until creamy, but feel free to leave a little texture from the oats if you prefer something to chew on.
- Too thick? Add a splash of water or soy milk. Too tart? Try a few extra blueberries.