



Protein-Packed Breakfast Smoothie

Servings: 1

Prep Time: 5min

Cook Time: 0



Ingredients

- 1 rooibos teabag
- 60ml (¼ cup) boiling water
- 80ml buttermilk
- 125ml (½ cup) fat-free Bulgarian yoghurt
- 125ml (½ cup) granola
- 125ml (½ cup) crushed ice

Directions

1. Break the teabag and place the rooibos leaves in a cup, pour over boiling water and set aside to cool slightly.
2. Add to the blender together with the buttermilk, yoghurt, granola and crushed ice, and blitz until smooth.
3. Pour into glasses and serve immediately.