



Protein power bircher

Super easy and filling, with the addition of protein powder. Serves 1. Per serve: Cal: 420; Fat: 25g; Pro: 34g; Carbs: 12g

Serves: 1, Prep time: 00:10, Cook time: 00:00

Instructions

Grate carrot. Mix all ingredients together.

Leave overnight.

Serve.

*protein powder can be pea protein or whey protein isolate, ideally minimal added ingredients, such as Balance Natural Whey, Lifefoods Organic protein powder, Vital Health Protein Powder, Clean Lean Protein, RAW protein powder.

Ingredients

- 0.5 Carrot
- 2 tablespoon Pumpkin seeds
- 30 grams Raw almonds (1 oz)
- 0.5 cups Frozen raspberries
- 30 grams Protein powder (1 oz)
- 0.5 cups Almond milk, unsweetened
- 1 tablespoon Chia seeds