**Protein Shake**

Serves 1

**Ingredients**

250ml unsweetened coconut milk or unsweetened almond milk

1 handful of watercress/spinach/rocket/kale/mint leaves/parsley etc.

2 heaped dessertspoons of Linwoods milled organic flaxseeds (Tesco, Sainsbury’s, Holland and Barrett e.g. <http://www.tesco.com/groceries/product/details/?id=284458968>)

1 tbsp. of fresh or frozen berries

Optional: 1 tbsp. melted coconut oil; 1 tsp cinnamon/mixed spice/vanilla powder, ½ avocado, 1 tablespoon of desiccated coconut

**Instructions**

Mix together above ingredients in a blender (e.g. NutriBullet) and serve immediately. To gain the consistency you require, add in more milk, or reduce down the quantity of milk depending on whether you like it thick or runny.