

# Strawberry Cauliflower Smoothie

A creamy, high-protein smoothie that sneaks in vegetables effortlessly — light, fresh, and ready in minutes.

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## INGREDIENTS

½ cup riced cauliflower

1 cup fresh strawberries

½ cup almond milk

½ cup coconut milk

¼ tsp cinnamon

1 scoop protein powder

## METHOD

- 1 Lightly steam the riced cauliflower.
- 2 Add all ingredients to a blender.
- 3 Blend until completely smooth.
- 4 Pour and drink fresh immediately.

SERVES <b>1</b>	PREP TIME <b>5 minutes</b>	BEST CONSUMED <b>Immediately, fresh</b>
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## WHY IT WORKS

## What's in It for You

- **Cauliflower** — adds creaminess and fibre with almost no flavour; rich in Vitamin C and choline

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- **Strawberries** — high in antioxidants and Vitamin C, supports skin and immunity

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- **Almond milk** — low-calorie, dairy-free base with Vitamin E

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- **Coconut milk** — adds healthy fats that support hormone production and satiety

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- **Cinnamon** — helps regulate blood sugar and adds natural warmth

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- **Protein powder** — boosts protein content to keep you full and support muscle repair

*Steaming the cauliflower first makes it blend smoother and removes any raw taste entirely. You won't even know it's there — but your body will thank you for it.*