THE LIGHTER PLATE METHOD

Post-Workout Açaí Shake

Unsweetened açaí pulp blended with banana and protein — a proper post-workout refuel.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 30 g whey protein powder
- 1 packet frozen açaí pulp (unsweetened)
- 1 medium banana
- 250 ml water

Method

1. Blend the banana with the whey protein, açaí pulp and water until smooth.
2. For a plant-based version, swap the whey for a pea or soya protein powder.

Tips & swaps

- Look for unsweetened açaí pulp in the freezer aisle of larger supermarkets or health food shops.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**25g**	**24g**	**4g**	**4g**

Estimated values, for guidance only. Contains: Milk.