

## Berrylicious Coconut Drink

Easy snack which is hydrating high in fibre and antioxidants.

Serves 1

1. Open coconut and empty water into blender
2. Scoop out coconut with a spoon and add to blender
3. Add a cup of berries (frozen strawberries, blueberries, raspberries or a mix)
4. Add 30grams of protein powder. This is optional
5. A tablespoon of cacao powder. This is optional
6. Blend until your desired consistency and voila, you have refreshing snack!