

# Protein-rich vegan smoothie



## Ingredients (serves 1)

- 100 g soy milk
- 30 g canned peach or pear
- 80 g soy yoghurt
- 50 g canned white beans
- 10 g shelled hazelnuts
- Ground cinnamon

## Method

1. Drain canned beans and fruit. Place in a blending container with other ingredients.
2. Blend until thoroughly mixed and smooth. Serve cold.