

# PRE-SURFING SHAKE

## Ingredients

- 2 tablespoons whole grain oats
- 1 medium banana
- 5 strawberries or 1 handful of blueberries
- 250 ml of skimmed milk lactose free or vegetable drink (soy, almond...) without added sugar



## Preparation

**1** Wash and cut the fruit if necessary

Add all the ingredients to the blender

**2**

**3** Blend everything until you get a homogeneous mixture