

VeTribe - Five minute recipes



Red, White, and Blue: Protein Fruit Salad

Quick to make. You can eat it after your workout or as a main meal. Packed with antioxidants and high in Vitamin C.

Calories: 654 Net Carbs: 92g
Protein: 29g Fat: 13g

I love this meal. It's packed full of polyphenols, providing antioxidants to help prevent diseases and improve recovery from workouts. I also like to eat this fruit salad if I feel like I'm coming down with an illness.

Ingredients:

Serves: 1

- 150g strawberries - stems removed
- 200g blueberries
- 1 banana
- 1 can / 400g butter beans
- 200g unsweetened soy yoghurt
- 3 Tablespoons applesauce
- 1 teaspoon cinnamon
- 10 g of your favourite nuts

There are so many delicious fruit to enjoy. I'd recommend keeping the banana, and then perhaps swapping the berries for alternatives such as papaya, pineapple, kiwi, mango or galia melon.

Step by Step Instructions:

Step 1- Chop the banana and add to your bowl.

Step 2 - Wash the rest of the fruit and put in the bowl.

Step 3 - Rinse the butter beans through running water using a sieve, then add to the mixture. Stir the bowl to mix up the fruit.

Step 4 - Get a small bowl and mix the sauce: soy yoghurt, cinnamon and applesauce.

Step 5 - Pour the sauce over the fruit, then add nuts or other toppings you like.

Did you make this recipe?

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