



### SMOOTHIE FOR BREAKFAST

Balance and delicious meal on the go. Try combining different fruits and bases for example orange juice, strawberry and mango or almond milk with blueberries and banana.

 5 minutes

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 1 portion

## INGREDIENTS

- 10 gram of hydrolyzed collagen [1 serving]
- 1/2 cup of beverages almond milk unsweetened [131 g] **or** 1/2 cup of orange juice [124 g]
- 70 grams of blueberries **or** 60 grams of raspberries **or** 1/2 cup, whole of strawberries, raw [72 g] **or** 50 grams of kiwi fruit, raw
- 1 small bananas[101 g] **or** 2/3 cup of mango [100 grams]
- 1/2 container [7 oz] of yogurt, Greek, plain, lowfat [100 g]

## COOKING METHOD

- 1° Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (403 g)	% DRI
ENERGY	64 kcal	259 kcal	13 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
CHOLESTEROL	3 mg	12 mg	4 %
SODIUM	26 mg	103 mg	4 %
CARBOHYDRATE	10 g	39 g	13 %
SUGARS	7 g	27 g	—
FIBER	1 g	5 g	19 %
PROTEIN	5 g	21 g	—