



## GREEN SMOOTHIE

Try this high antioxidant 'Hulk' style smoothie to start to your day!

 5 minutes

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 1 portion

## INGREDIENTS

- 1 cup of spinach, raw (30 g)
- 300 grams of milk, soya, non-dairy alternative to milk, unsweetened, fortified
- 100 grams of banana, raw
- 1 tablespoon of porridge oats, unfortified (15 g)

## COOKING METHOD

1° Add all ingredients to a blender and mix. Add ice to make a cooler drink. Enjoy.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (445 g)	% DRI
ENERGY	52 kcal	231 kcal	12 %
FAT	1 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	6 mg	25 mg	1 %
CARBOHYDRATE	8 g	36 g	12 %
SUGARS	3 g	13 g	—
FIBER	1 g	5 g	20 %
PROTEIN	2 g	11 g	—