




FORTIFIED BERRY-NANA SMOOTHIE

Energy packed, super filling daily smoothie

 5 minutes
 10 minutes
 1 portion

INGREDIENTS

- 1 average glass of milk, soya, non-dairy alternative to milk, unsweetened, fortified (200 g)
- 1/2 cup, unthawed of blueberries, frozen, unsweetened (78 g)
- 1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)
- 1 tablespoon of sunflower seeds (16 g)
- 15 grams of flaxseed
- 8 grams of seeds, chia seeds, dried
- 3 units, pitted of dates, medjool (72 g)
- 1 tbs of carob flour (6 g)
- 1 fl oz of beverages, water, tap, drinking (30 g)

COOKING METHOD

1° Place all items in a high speed blender. Blend on high for 1 - 2 minutes or up to desired consistency. Serve in a tall glass and ENJOY.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (430 g)	% DRI
ENERGY	114 kcal	489 kcal	24 %
FAT	4 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	10 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	2 mg	9 mg	0 %
CARBOHYDRATE	19 g	83 g	28 %
SUGARS	13 g	58 g	—
FIBER	4 g	16 g	65 %
PROTEIN	3 g	12 g	—