



BERRY BOOSTER SMOOTHIE

SERVES 1 PREP ~ 1mins SUITABLE FOR: Vegetarian, Gluten free

A classic smoothie – tasty, healthy & ready in seconds. It is reasonably balanced with the Greek yogurt & milk providing some protein but the berries make it Fuel & Health dominant. The blueberries & spinach are high in antioxidants, supporting the immunity, & skin & bone health.



NUTRITION INFO

Health Score 5.2. High in Vit A, Vit B12 & Vit K

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
161.3	21.2g	17.7g (19.7%)	11.6g	2.2g	1.2g (6%)	3.8g (12.5%)

INGREDIENTS

½ Cup Mixed Berries
100ml Semi-Skimmed Milk or vegan alternative
4 Scoops Natural Greek Yogurt or vegan alternative
1/3 Cup Spinach

METHOD

1. Add all ingredients to a blender
2. Blend until smooth

