

# PROTEIN SMOOTHIES

## PEANUT BUTTER BOMB

**INGREDIENTS:** whey protein (sourced from grass-fed cows), sugar-free peanut butter, banana, cacao, full-cream yoghurt, milk

**HEALTHY FACT** This smoothie is packed with healthy fat from the sugar-free peanut butter and antioxidants from the cacao, which can help promote skin health.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	501	1753	2930
Protein (g)	7,6	26,7	48,5
Carbohydrate (g)	8	28	40
of which Total Sugar (g)	4,3	15,1	20,8
Total fat (g)	1,8	6,2	11,4
of which Saturated fat (g)	0,6	2,0	3,5
Dietary fibre (g)	0,9	3,1	4,5
Total Sodium (mg)	10	35	68

## LOW FAT PROTEIN SHAKE (NATURAL)

**INGREDIENTS:** fat free milk, whey protein (sourced from grass-fed cows)

**HEALTHY FACT** The whey protein in this shake gives a great boost of protein, making it a good choice for muscle recovery after exercise.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	183	640	1080
Protein (g)	5,2	18,3	31,9
Carbohydrate (g)	4	15	23
of which Total Sugar (g)	4	13,9	20,7
Total fat (g)	0,3	1	1,8
of which Saturated fat (g)	0,2	0,6	1,1
Dietary fibre (g)	0	0	0
Total Sodium (mg)	35	123	187

## LOW FAT PROTEIN SHAKE (CHOCOLATE)

**INGREDIENTS:** fat free milk, whey protein (sourced from grass-fed cows)

**HEALTHY FACT** The whey protein in this shake gives a great boost of protein, making it a good choice for muscle recovery after exercise.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	205	717	1146
Protein (g)	5,2	18,4	30,8
Carbohydrate (g)	5	16	23
of which Total Sugar (g)	3,5	12,4	16,7
Total fat (g)	0,6	2,2	3,6
of which Saturated fat (g)	0,4	1,3	2,2
Dietary fibre (g)	0,5	1,7	2,5
Total Sodium (mg)	32	111	154

# PROTEIN SMOOTHIES

## CINNABOMB

**INGREDIENTS:** whey protein (sourced from grass-fed cows), banana, almond macadamia nut butter, cinnamon, honey, purified water

**HEALTHY FACT** Cinnamon gives this smoothie a delicious aromatic flavour as well as great health benefits as it can help moderate blood sugar and reduce blood sugar lows.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	312	1091	1560
Protein (g)	5,3	18,5	32,8
Carbohydrate (g)	9	32	34
of which Total Sugar (g)	3,7	12,9	13,5
Total fat (g)	0,4	1,5	2,7
of which Saturated fat (g)	0,1	0,3	0,6
Dietary fibre (g)	0,9	3,2	5,1
Total Sodium (mg)	12	41	73

## SALTED CARAMEL

**INGREDIENTS:** banana, dates, almond macadamia nut butter, whey protein (sourced from grass-fed cows), himalayan salt, purified water

**HEALTHY FACT** This smoothie contains GMO-free whey protein that is sourced from grass fed cows, this high quality protein is easily absorbed and can assist in muscle recovery after exercise.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	321	1124	1698
Protein (g)	5,2	18,2	32,7
Carbohydrate (g)	10	33	43
of which Total Sugar (g)	4,2	14,7	21,9
Total fat (g)	0,4	1,3	2,4
of which Saturated fat (g)	0,1	0,3	0,6
Dietary fibre (g)	1,0	3,5	5,5
Total Sodium (mg)	122	428	460

## NATURE'S PROTEIN

**INGREDIENTS:** vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice

**HEALTHY FACT** This is the most protein rich veggie smoothie on the menu, thanks to vegan protein powder, hemp seeds and surprisingly, spirulina! Spirulina is rich in protein, in fact 50-70% of its weight is made up of protein!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	405	1419	1615
Protein (g)	3,5	12,3	12,6
Carbohydrate (g)	11	39	45
of which Total Sugar (g)	7,7	26,9	32,3
Total fat (g)	4,4	15,6	17,9
of which Saturated fat (g)	3,2	11,2	13,2
Dietary fibre (g)	1,2	4,1	4,9
Total Sodium (mg)	12	43	44