

# SMOOTHIES

## STRAWBERRY STINGER

**INGREDIENTS:** strawberries, banana, frozen yoghurt, pressed apple juice

**HEALTHY FACT** This pretty pink drink crams in 6 strawberries making it rich in antioxidants and plant compounds that may have benefits for heart health and blood sugar control!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	237	829	977
Protein (g)	0,6	2,1	2,3
Carbohydrate (g)	13	45	54
of which Total Sugar (g)	10,3	36,1	43,1
Total fat (g)	0,5	1,7	1,8
of which Saturated fat (g)	0,2	0,8	0,8
Dietary fibre (g)	0,8	2,7	3,2
Total Sodium (mg)	7	26	29

## PEANUT BUTTER BLISS

**INGREDIENTS:** sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

**HEALTHY FACT** The sugar-free peanut butter in this smoothie is packed full of healthy fat – keeping you fuller for longer.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	489	1711	2139
Protein (g)	4,2	14,8	17,8
Carbohydrate (g)	13	44	62
of which Total Sugar (g)	9,8	34,1	48,7
Total fat (g)	5,8	20,3	22,9
of which Saturated fat (g)	2	7	8,4
Dietary fibre (g)	1,5	5,2	6,9
Total Sodium (mg)	22	75	105

## BERRY DAIRY

**INGREDIENTS:** blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk

**HEALTHY FACT** The blue, purple and red hues you see in this smoothie tell you it is packed with antioxidants, particularly one called anthocyanin which helps nourish and protect cells.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	325	1136	1772
Protein (g)	2,4	8,3	11,7
Carbohydrate (g)	13	44	73
of which Total Sugar (g)	11	38,5	65,5
Total fat (g)	2,2	7,9	11
of which Saturated fat (g)	1,2	4,3	5,9
Dietary fibre (g)	1,1	3,9	6,3
Total Sodium (mg)	29	100	139

\*Nutritional information for the products as ready-to-eat

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## MILK TART

**INGREDIENTS:** milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble (macadamia nuts, almonds, gluten-free oats, desiccated coconut, honey, salt, cinnamon)

### HEALTHY FACT

Cinnamon gives this smoothie its traditional Milk Tart flavour and great blood sugar regulating benefits.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	546	1912	2501
Protein (g)	3,8	13,4	8,6
Carbohydrate (g)	13	44	61
of which Total Sugar (g)	10,3	36,0	51,9
Total fat (g)	7,1	24,9	29,2
of which Saturated fat (g)	3,9	13,8	16,4
Dietary fibre (g)	1,1	3,9	4,9
Total Sodium (mg)	78	272	385

## GEM

**INGREDIENTS:** banana, toasted almonds, frozen yoghurt, milk, honey

### HEALTHY FACT

The toasted almonds in the age-old favourite provide extra healthy fat and vitamin E which helps promote healthy skin.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	504	1764	2302
Protein (g)	3,6	12,7	15,6
Carbohydrate (g)	16	58	81
of which Total Sugar (g)	14,2	49,7	73,4
Total fat (g)	5	17,3	20,3
of which Saturated fat (g)	1,6	5,6	7,2
Dietary fibre (g)	1,2	4	4,4
Total Sodium (mg)	48	167	205

## CAPPUCCINO FREEZE

**INGREDIENTS:** espresso, frozen yoghurt, coconut milk, cacao, milk

### HEALTHY FACT

Coffee is a rich source of antioxidants, these free radical fighters can help reduce risk of some cancers!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	405	1419	2007
Protein (g)	3,2	11,1	16,2
Carbohydrate (g)	10	36	54
of which Total Sugar (g)	9,5	33,1	49,6
Total fat (g)	4,1	14,3	18,6
of which Saturated fat (g)	3,2	11,2	14,3
Dietary fibre (g)	0,7	2,3	3,7
Total Sodium (mg)	72	251	378

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## MANGO BERRY

**INGREDIENTS:** mango, raspberries, coconut milk, coconut-infused water, honey

**HEALTHY FACT** The yellow pigment in mango indicates its rich vitamin A and beta carotene content. The 'vision vitamin' vitamin A can help protect the eyes.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	290	1016	1300
Protein (g)	0,7	2,5	2,8
Carbohydrate (g)	9	32	45
of which Total Sugar (g)	7,1	24,9	36,4
Total fat (g)	3,9	13,8	15,6
of which Saturated fat (g)	3,4	11,8	13,3
Dietary fibre (g)	1,2	4,2	4,9
Total Sodium (mg)	2	8	9

## PEANUT BUTTER BERRY

**INGREDIENTS:** sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water

**HEALTHY FACT** This antioxidant rich smoothie is high in healthy fats from sugar-free peanut butter, which helps keep you feeling fuller for longer.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	375	1311	2178
Protein (g)	2,6	9,3	19,1
Carbohydrate (g)	11	39	41
of which Total Sugar (g)	7,2	25,1	27,4
Total fat (g)	1,7	5,8	10,5
of which Saturated fat (g)	0,5	1,7	15,8
Dietary fibre (g)	1,5	5,1	4
Total Sodium (mg)	1	2	4