

Nutritious & Delicious - Nutri-Smoothie Recipes



Nutri-Smoothie- Banana, Carrot, Orange & Hemp Seed Smoothie

Ingredients (Serves 1)

¼ tsp pumpkin seeds
1 tbsp ground flax seeds
50g spinach
50g orange, peeled
50g carrot, thoroughly washed
80g banana, halved
40g Greek Yogurt
Low Fat Milk to the fill line

Method

1. Add all ingredients to your large nutribullet cup, saving low fat milk for last.
2. Once you have filled the cup with low fat milk to the fill line, puree ingredients to the desired consistency.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 300g Serving	% RNI	
Energy kJ	396	4%	1187	14%	
Energy kcal	95	4%	284	14%	
Fat	4.3g	6%	12.g	18%	Med
Saturates	1.2g	6%	3.7g	18%	Low
Total Sugars	G0	5%	15.1g	16%	Low
Salt	0.10g	1%	0.4g	6%	Low
Protein	5.0g	-	15.1g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Milk