

Nutritious & Delicious - Nutri-Smoothie Recipes



Nutri-Smoothie - Energising Smoothie

Ingredients (Serves 1)

10g raw organic almond butter, no salt
5g pumpkin seeds
30g organic kale
60g avocado, pitted and peeled
120ml grapefruit juice
80g low fat Greek yogurt
Water to fill line (if required)

Method

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

Key Nutrients

Nutrient	Per 100g	% RNI	Per 300g Serving	% RNI	
Energy kJ	447	5%	1324	15%	
Energy kcal	107	5%	322	16%	
Fat	6.8g	9%	20.4g	29%	Med
Saturates	1.2g	6%	3.7g	18%	Low
Total Sugars	1.4g	1%	4.1g	4%	Low
Salt	0.01g	0%	0.01g	1%	Low
Protein	4.8g	-	14.3g	-	-

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

Allergen Info: Milk, Nuts