

## Nutritious & Delicious Nutri-Smoothie Recipes



### Nutri-Smoothie - Lemon, Avocado Green Smoothie

#### Ingredients (Serves 1)

50g spinach  
100 banana, sliced  
2 lemon wedges  
1 lime wedge  
2 tbsp cashews  
40g avocado  
10g honey  
Milk to fill line

#### Method

1. 1. Place all ingredients into the NutriBullet and blend until smooth.

#### Key Nutrients

Nutrient	Per 100g	% RNI	Per 300g Serving	% RNI	
Energy kJ	529	6%	1588	18%	
Energy kcal	127	6%	381	19%	
Fat	7.0g	10%	20.9g	29%	Med
Saturates	1.6g	8%	4.9g	24%	Med
Total Sugars	7.8g	8%	23.5g	26%	Med
Salt	0.10g	1%	0.20g	3%	Low
Protein	2.9g	-	8.8g	-	-

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

**Allergen Info: Milk, Nuts**