



BERRY SMOOTHIE WITH HIDDEN GREENS

ReFuel Autumn 2018



Ingredients:

- 2 large sticks of celery, leaves mostly removed, chopped into 2.5cm pieces
- 1 cup loosely packed spinach, coarsely chopped
- 1 cup frozen blueberries
- 1 punnet strawberries, tops removed
- 1 cup water
- Juice of 1 small lemon
- 2 teaspoons chia seeds
- ½ large avocado (or 1 small avocado)

Method:

1. Put all ingredients in a blender and blitz until smooth and creamy.

Nutrition Information Makes 4 smoothies

Nutrient	Per smoothie
Energy	425 kJ
Protein	2 g
Fat	6 g
Carbohydrate	9 g
Sodium	34 mg
Fibre	4 g



HOT TIPS

Smoothies are a great on-the-go snack to keep you going until your next meal. The great thing about smoothies is that you can really hide any green veggie in them as the berries mask their flavour. Smoothies these days commonly have far too many ingredients in them, which usually results in a smoothie being far too high in kilojoules. Our rule of thumb is: if you wouldn't eat it all at once in its fresh form, then don't eat it all at once in its blended form.