



BUILD A BETTER SMOOTHIE

Courtesy of: Charlene Matthews

ReFuel Summer 2019



Method:

1. Combine all ingredients into a blender and blitz until smooth and creamy, enjoy

Ingredients:

- 250ml milk of choice
- 100g plain greek yoghurt
- 1 medium frozen banana
- 200g frozen mango
- 45g rolled oats
- ½ cup strawberries or frozen mixed berries
- Shot of coffee

Nutrition Information

Makes 1 smoothie

| Nutrient | Per serve |
|--------------|-----------|
| Energy | 2644 kJ |
| Protein | 25 g |
| Fat | 14 g |
| Carbohydrate | 95 g |
| Fibre | 12 g |

HOT TIPS



- If you are using milk alternatives, look for ones that are calcium fortified (120mg/100ml)
- Use skim or full-cream milk depending on your energy needs
- If extra energy is needed, add honey, nut butter, LSA, flaxseeds or avocado