

The perfect Summer Smoothie



Base formula

- Plant milk: ½ –1 cup
Choose a calcium fortified option
- Fruit: up to 1 cup



Personalise it

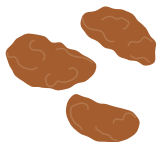
ADD *Energy*



1 Weet-Bix



¼ cup rolled oats



Dates

ADD *Protein*



Protein Powder



Peanut Butter



Yoghurt

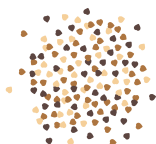
ADD *Fibre*



1 tbsp linseed meal



1 tbsp flaxseeds



1 tbsp chia seeds

ADD *Veg*



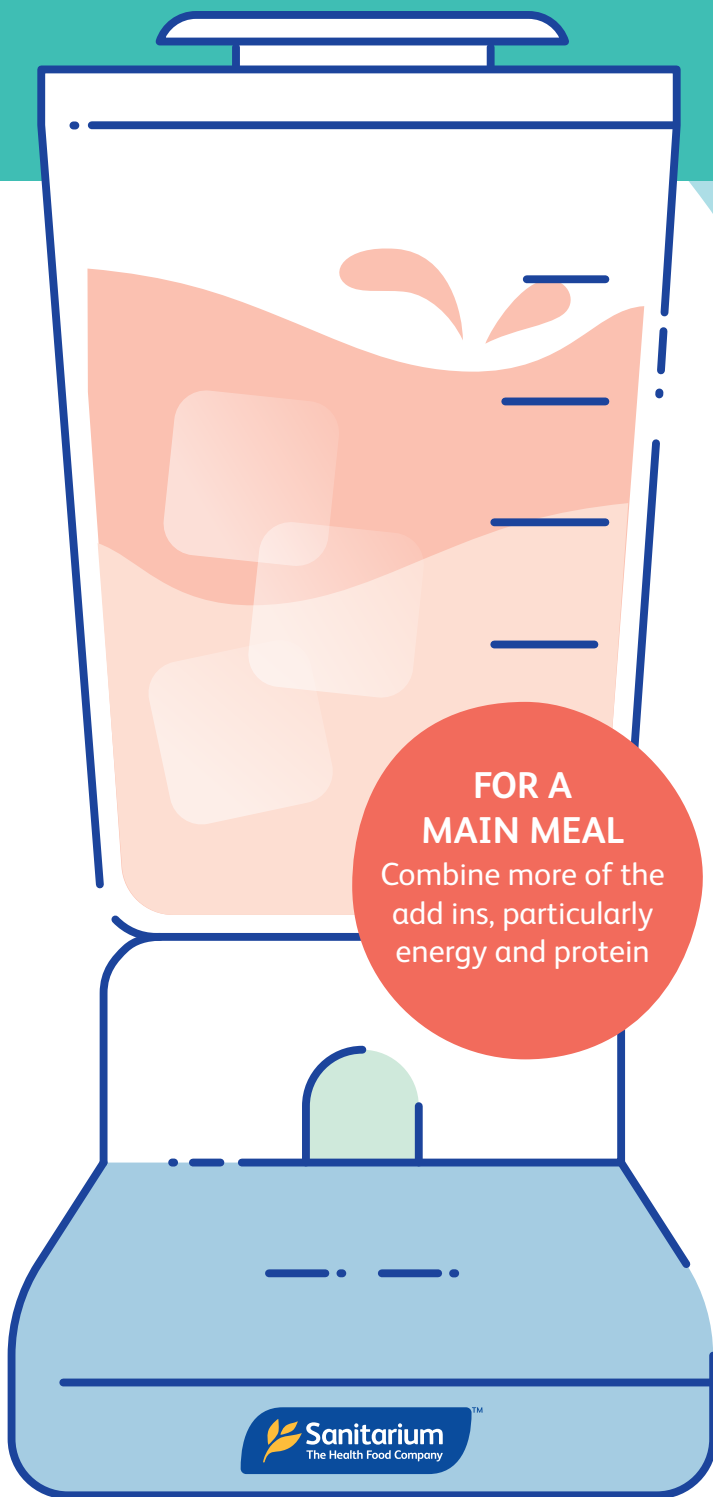
Cucumber



Baby Spinach



Carrot



FOR A MAIN MEAL
Combine more of the add ins, particularly energy and protein