

Banana Berry Smoothie

With Vitamin C, Vitamin E, Probiotics, Anti-oxidants and Essential fatty acids!



- 1 cup plain yoghurt, low fat
 - 1/2 small banana
 - 3/4 cup frozen mixed berries
 - Handful of spinach
 - 1 Tablespoon almond butter
 - 1 cup ice
- Blend until smooth
Makes 2 servings

1 serving gives you:

- 9g Protein
- 18g Carbohydrates
- 6.6g Fat
- 3.3g Fibre
- 30mg Omega 3
- 1029mg Omega 6
- 19mg Vitamin C
- 3mg Vitamin E

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