



BERRY BLITZ SMOOTHIE

INGREDIENTS:

130ml Coconut Water or Still Water
1/2 Banana
1/3 Frozen Berries
1/2 Lemon, peeled

Optional:

1 TSP Chia Seeds
1 TSP Protein Powder

NUTRITIONAL PROPERTIES:

Coconut Water – Source of Hydration and Healthy Fats

Bananas - High in Potassium and Antioxidants

Berries – High in Fibre, Vitamin C and Antioxidants

Lemon – Good source of Vitamin C

Chia Seeds – High in Fibre & Omega-3 Fatty Acids

Protein Powder – Good source of Protein

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