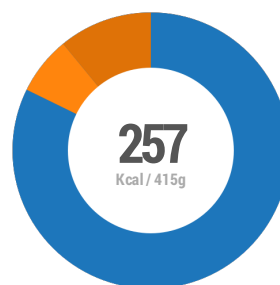
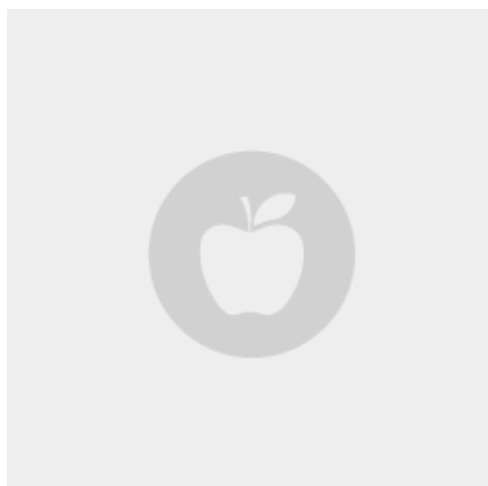


# Breakfast fruit smoothie

By Abi Barclay-Watt from Oxford Brooks University

Overview ...

U.1049155



WEIGHT:

**64.5% Carbs**

**17.8% Protein**

**17.7% Fat**

Food Labelling...

Label values per 415

Serves: 1

	PER 415G	%RI	PER 465G SERVING	%RI
Energy kcal	274 kcal	14%	307 kcal	15%
Energy kJ	1157 kJ	14%	1297 kJ	15%
Fat	5.1 g	7%	5.7 g	8%
of which saturates	3.1 g	16%	3.5 g	17%
Carbohydrate	44 g	17%	49 g	19%
of which sugars	42 g	47%	47 g	53%
Fibre	2.6 g	11%	3 g	12%
Protein	11.4 g	23%	12.8 g	26%
Salt	0.3 g	6%	0.4 g	6%

CONTAINS:



MILK

Nutrient Breakdown per 415g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 13% RI	Saturated fat 16% RI	Vitamin A (ret eq) 8% RI
Energy(KJ) 13% RI	Monounsaturated fat 4% RI	Retinol
<b>Macronutrients</b>	<i>cis-Mono</i>	Carotene
Carbohydrate 17% RI	Polyunsaturated fat 1% RI	Vitamin D 0% RI
Protein 23% RI	<i>Omega3(n-3)</i> 3% RI	Vitamin E 5% RI
Fat 7% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K 1 0% RI
Water	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 22% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 50% RI
Alcohol	Cholesterol	Niacin total (B <sub>3</sub> ) 20% RI
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin
Starch	Sodium 5% RI	Tryptophan
Oligosaccharide	Potassium 41% RI	Pantothenic Acid (B <sub>5</sub> ) 36% RI
Fibre 11% RI	Chloride 45% RI	Vitamin B <sub>6</sub> 34% RI
NSP	Calcium 45% RI	Folic Acid (B <sub>9</sub> ) 26% RI
Sugars 47% RI	Phosphorus 44% RI	Vitamin B <sub>12</sub> 83% RI
Free Sugars	Magnesium 17% RI	Biotin (B <sub>7</sub> ) 21% RI
Glucose	Iron 6% RI	Vitamin C 33% RI
Galactose	Zinc 16% RI	
Fructose	Copper 14% RI	<b>Other</b>
Sucrose	Manganese 34% RI	GI (estimated)
Maltose	Selenium 6% RI	GL
Lactose	Iodine 62% RI	

Recipe Ingredients ...	Quantity:	Description:
Milk, semi-skimmed, pasteurised, average, organic	<b>250g</b>	1x cup / serving
Bananas, flesh only	<b>100g</b>	1x Medium
Mixed berries, frozen	<b>60g</b>	2x tablespoon
Yogurt, whole milk, plain	<b>40g</b>	1x tablespoon
Honey	<b>15g</b>	1x Average Portion
Portion Sizes ...	Quantity:	Kcal: