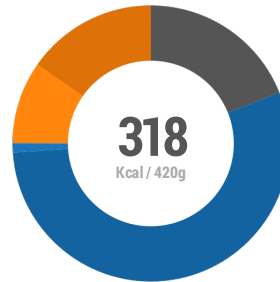
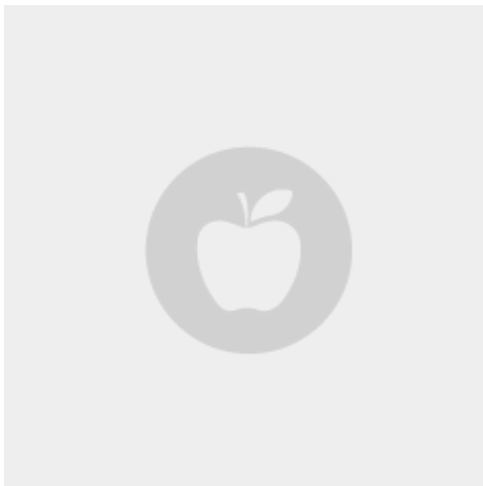


# Chocolate morning smoothie

By Abi Barclay-Watt from Oxford Brookes University

Overview ...

U.1049151



WEIGHT:

**56.1% Carbs**

**19% Protein**

**25% Fat**

Food Labelling...

Label values per 420

Serves:

	PER 420G	%RI
Energy kcal	<b>336 kcal</b>	17%
Energy kJ	<b>1417 kJ</b>	17%
Fat	<b>8.8 g</b>	13%
<i>of which saturates</i>	<b>5.4 g</b>	27%
Carbohydrate	<b>47 g</b>	18%
<i>of which sugars</i>	<b>44 g</b>	49%
Fibre	<b>3.2 g</b>	13%
Protein	<b>15.1 g</b>	30%
Salt	<b>0.4 g</b>	6%

CONTAINS:



Nutrient Breakdown per 420g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 16% RI	Saturated fat <b>27% RI</b>	Vitamin A (ret eq) 8% RI
Energy(Kj) 16% RI	Monounsaturated fat 8% RI	Retinol
<b>318kcal</b>	<i>cis-Mono</i>	Carotene
<b>1348kJ</b>	Polyunsaturated fat 1% RI	Vitamin D 0% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 4% RI	Vitamin E 3% RI
Carbohydrate 18% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K 1 0% RI
Protein 30% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 25% RI
Fat <b>13% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 55% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 26% RI
Water from Drinks	<b>19.1mg</b>	<i>Niacin</i>
Alcohol	<b>Minerals &amp; trace elements</b>	Tryptophan
<b>Carbohydrate</b>	Sodium <b>6% RI</b>	Pantothenic Acid (B <sub>5</sub> ) 37% RI
Starch	Potassium <b>141mg</b>	Vitamin B <sub>6</sub> 36% RI
Oligosaccharide	Potassium 53% RI	Folic Acid (B <sub>9</sub> ) 25% RI
Fibre <b>13% RI</b>	Chloride 50% RI	Vitamin B <sub>12</sub> 93% RI
NSP	Calcium 51% RI	Biotin (B <sub>7</sub> ) 22% RI
Sugars <b>49% RI</b>	Phosphorus 61% RI	Vitamin C 18% RI
Free Sugars	Magnesium 37% RI	GI (estimated)
Glucose	Iron 14% RI	GL
Galactose	Zinc 26% RI	
Fructose	Copper 70% RI	
Sucrose	Manganese 20% RI	
Maltose	Selenium 6% RI	
Lactose	Iodine 69% RI	

Recipe Ingredients ...	Quantity:	Description:
Milk, semi-skimmed, pasteurised, average	<b>250g</b>	1x cup / serving
Bananas, flesh only	<b>100g</b>	1x Medium
Yogurt, whole milk, plain	<b>40g</b>	1x tablespoon
Cocoa powder	<b>15g</b>	3x teaspoon
Honey	<b>15g</b>	1x Average Portion
Portion Sizes ...	Quantity:	Kcal:
	<b>420g</b>	<b>318</b>

Cooking Instructions & Notes ...

Put ingredients in a jug the night before, blend in the morning.