

Nutritional Information

Smoothie recipe	Health Kick	Pineapple Sunset	Mango Dream	Rapsberry Heaven	Strawberry Breeze
Fruit in recipe	pomegranate • blackcurrant • strawberry • apple	pineapple • mango • papaya	mango • pear	raspberry • blueberry • mango • apple	strawberry • banana
Energy (kJ)	91.64	203.09	152.67	193.39	144.15
(kcal)	21.98	48.9	26.61	46.38	34.57
Protein (g)	0.68	0.81	1.01	1.21	0.79
Carbohydrate (g)	4.82	11.29	8.15	10.38	7.85
of which sugars (g)	4.64	10.6	7.22	9.12	7.15
Sodium (g)	1.1	1.22	1.57	2.46	0.35
Saturated fat (mg)	0	0	0	0	0
Unsaturated fat (mg)	0	0	0	0	0