

Vanilla Green Goddess Smoothie

Recipe by Anna Cash
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	436 kj	5%
Energy (kcal)	105kcal	5%
Fat	6.9g	10%
<i>of which saturates</i>	1.4g	7%
Carbohydrate	5.1g	2%
<i>of which sugars</i>	3.1g	3%
Fibre	1.8g	6%
Protein	4.7g	9%
Salt	0.11g	2%

Generated by Nutritics v5.61 on 24th May 2021

INGREDIENTS: (Serves 4)

- 1 large banana
- 1 avocado
- 50g frozen broccoli
- 50g frozen spinach
- 50g frozen cauliflower
- 35g scoop vanilla protein powder (**MILK**)
- 50g natural whole yoghurt (**MILK**)
- 50g cashew butter (**NUTS**)
- 500ml cashew milk (**NUTS**)

METHOD:

1. Pop all the ingredients into a high speed blender for at least 1 minute.
2. If the mixture is too thick, then add some water or more milk and blend again for a few seconds.
3. Pour into a glass over ice and enjoy!
4. This will keep in the fridge for up to 24 hours.

ALLERGENS



TREE NUTS



MILK

MODIFY

Use a vegan protein powder and some dairy free yoghurt to omit the milk.

Use alternative nut butters and milk such as almond for different tastes.

To avoid nuts omit the nut butter and use a nut free milk.

CREDIT

Recipe by: Anna Cash
Photo by: Fallon Michael

