



**SMOOTHIES** 

**SHAKES** 





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### SP21001

STRAWBERRY & BANANA SMOOTHIE

**INGREDIENTS** | STRAWBERRY, BANANA

We've combined juicy strawberries with banana to bring you a fresh start to each day. Simply blend with 200ml apple juice and serve!

**UNITS** | 12 **WEIGHT** | 150G

CALORIES | 177 (made with 200ml apple juice)



**GLUTEN FREE** 



**VEGETARIAN** 



**VEGAN** 



MAY CONTAIN NUTS



## SP21002

# PINEAPPLE, MANGO & PASSIONFRUIT SMOOTHIE

INGREDIENTS | MANGO, PINEAPPLE,
PASSIONFRUIT

A sorbet with a straw, we love this refreshing recipe. We've added tangy pineapple & passionfruit to sweet mango to create this zingy tropical tasting smoothie. Simply add 200ml apple juice and blend.

**UNITS** | 12 **WEIGHT** | 140G

**CALORIES** | 177 (made with 200ml apple juice)



**GLUTEN FREE** 



**VEGETARIAN** 



**VEGAN** 



MAY CONTAIN NUTS



SUPER GREEN SMOOTHIE

**INGREDIENTS** | BANANA, PINEAPPLE, KALE, GINGER, LIME

Want to drink your greens and not notice your drinking your greens? Then this tropical kale combination is for you. Its full of flavour, fresh, delicious and it also packs a serious nutritional punch. Kale is our kind of superfood, but we've also added banana, pineapple, lime & ginger just in case. Simply blend with 200ml apple juice and serve.

**UNITS** | 12 **WEIGHT** | 150G

CALORIES | 186 (made with 200ml apple juice)



**GLUTEN FREE** 



VEGETARIAN



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SUPER BERRY SMOOTHIE

INGREDIENTS | BANANA, STRAWBERRY, CHERRY, BLUEBERRY, LIME, ACAI BERRY

The ultimate berry smoothie! Packed full of antioxidants, we've thrown in all the big hitters; blueberries, strawberries, cherries, banana's, acai berries, lime, you name it. Simply blend with 200ml apple juice and serve or why not add granola and a little coconut mylk and you have yourself an acai breakfast bowl.

**UNITS** | 12 **WEIGHT** | 151G

**CALORIES** | 184 (made with 200ml apple juice)



**GLUTEN FREE** 



VEGETARIAN



VEGAN



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## SP21005

### MANGO & DRAGON FRUIT SMOOTHIE

**INGREDIENTS** | MANGO, DRAGONFRUIT, PINEAPPLE, PAPAYA, LIME JUICE

This combination is something of a hit, if we say so ourselves. Dragonfruit, pineapple, mango, lime juice and papaya work together to create something rather special. Simply blend with 200ml apple juice. Trust us – you won't regret it.

**UNITS** | 12 **WEIGHT** | 140G

CALORIES | 183 (made with 200ml apple juice)



**GLUTEN FREE** 



**VEGETARIAN** 



**VEGAN** 



MAY CONTAIN NUTS



### SP21006

# CHOCOLATE & PEANUT BUTTER PROTEIN SHAKE

INGREDIENTS | BANANA, DATES, PEANUT BUTTER, CACAO, PEA PROTEIN POWDER

Think Nutella, but healthy. A rich, sweet, caramelised smoothie loaded with plant-based pea protein for the perfect post-workout refuel. Loaded with banana's, dates, pea protein and cacao. Breakfast and dessert rolled into one? You're welcome. Simply blend with 200ml coconut or oat mylk.

**UNITS** | 12 **WEIGHT** | 140G

CALORIES | 304 (made with 200ml coconut, 322 made with 200ml oat)



**GLUTEN FREE** 



**VEGETARIAN** 



**VEGAN** 



**CONTAINS NUTS** 



## **SP21007**

### MIXED BERRY PROTFIN SHAKE

**INGREDIENTS** | BANANA, STRAWBERRY, BLUEBERRY, VANILLA PROTEIN POWDER, ALMOND BUTTER

Pure pleasure. This silky berry protein shake is packed full of banana's, strawberries, blueberries, vanilla protein & almond butter to give a fresh and creamy taste. This is perfect served as a breakfast, on the go shake or for a protein-rich, post-workout treat. Simply blend with 200ml coconut or oat mylk.

**UNITS** | 12 **WEIGHT** | 140G

CALORIES | 215 (made with 200ml coconut, 225 made with 200ml oat)



**GLUTEN FREE** 



VEGETARIAN



VEGAN



**CONTAINS NUTS** 

# SP21008

### VANILLA MATCHA PROTFIN SHAKE

**INGREDIENTS** | BANANA, SPINACH, ALMOND BUTTER, VANILLA PROTEIN POWDER, MATCHA

For a creamy, dreamy, matcha latte vibe add 200ml of coconut or oat mylk to this green power smoothie and you'll be super charged and raring to go. We've added banana, spinach, matcha, vanilla & almond butter to create this trending flavour profile drink.

**UNITS** | 12 **WEIGHT** | 140G

CALORIES | 234 (made with 200ml coconut, 248 made with 200ml oat)



GLUTEN FREE



VEGETARIAN



VEGAN



**CONTAINS NUTS**