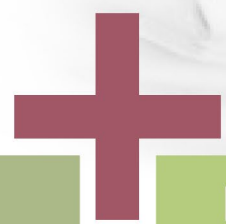


# The Art of the Ultimate Smoothie



Tough week on the sports field? Training hard? Getting ready for competition? Using the right blend of simple foods to create a pre or post-sport smoothie can offer a timely nutrient boost. Select ingredients from each column. Add ice, frozen fruits, sparking water, extra milk or juice to get your preferred consistency. Have a go, do it your way!



| Base                   | Energy               | Fabulous Flavours | Vitamins              |
|------------------------|----------------------|-------------------|-----------------------|
| cottage cheese         | peanut butter, honey | mint              | spinach               |
| cow's milk             | porridge oats        | ginger            | strawberries, bananas |
| natural yogurt         | quinoa               | cinnamon          | apples, pineapple     |
| orange or apple juice  | beetroot juice       | coconut           | watermelon            |
| carton of rice pudding | muesli               | cocoa powder      | frozen berries        |

## Smoothies

| Calcium Booster  | Vitamin shot   | Iron Surprise   | Brekkie To Go  |
|--|--|---|--|
| <p><b>WITH CALCIUM IMPORTANT FOR BONE HEALTH</b></p> <p>Ingredients<br/>Flavoured milk, almond butter, banana, cottage cheese</p> <p>Calcium ★★★★★<br/>Energy ★★★★★☆<br/>Protein ★★★★★</p> | <p><b>WITH VITAMIN C IMPORTANT FOR IMMUNE FUNCTION</b></p> <p>Ingredients<br/>Berries, milk, coco powder</p> <p>Calcium ★★★★★☆<br/>Energy ★★★★★☆<br/>Vitamin C ★★★★★</p> | <p><b>CONTAINS IRON FOR HELPING REDUCE TIREDNESS</b></p> <p>Ingredients<br/>Natural yogurt (plain, fruit or vanilla) chopped apricots, almonds, spinach, mint</p> <p>Calcium ★★★★★☆<br/>Energy ★★★★★☆<br/>Iron ★★★★★☆</p> | <p><b>QUICK ENERGY FOR EARLY STARTS</b></p> <p>Ingredients<br/>Low fat rice pot, milk, oats, peanut butter</p> <p>Calcium ★★★★★☆<br/>Energy ★★★★★☆<br/>Protein ★★★★★</p> |