

Did you know that ActaSolve Smoothie can be mixed with **milk alternatives** and **fruit juices** for more variety and extra nutrition?



## Alternative Mixers

### With 150ml Soya Drink

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	348	346	347	346
Protein	g	15.8	15.8	15.8	15.8
Fat	g	12.7	12.6	12.6	12.5
of which saturates	g	6.1	6	6	6
Carbohydrate	g	42.1	42.2	42.3	42
of which sugars	g	18.2	18.7	17.2	18.5
Fibre	g	1.5	1.5	1.4	1.4
Salt	g	0.5	0.51	0.54	0.5

### With 150ml Oat Drink

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	376	374	375	374
Protein	g	12.1	12.1	12.1	12.1
Fat	g	13.1	13	13	12.9
of which saturates	g	6	5.9	5.9	5.9
Carbohydrate	g	51.5	51.6	51.7	51.4
of which sugars	g	21.8	22.3	20.8	22.1
Fibre	g	2	2	1.9	1.9
Salt	g	0.53	0.54	0.57	0.53

### With 150ml Pea Drink

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	336	334	335	334
Protein	g	13.7	13.7	13.7	13.7
Fat	g	12.7	12.6	12.6	12.5
of which saturates	g	6.1	6	6	6
Carbohydrate	g	41.6	41.7	41.8	41.5
of which sugars	g	17.4	17.9	16.4	17.7
Fibre	g	0.75	0.75	0.65	0.65
Salt	g	0.56	0.57	0.6	0.56

### With 150ml Coconut Drink

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	326	344	345	344
Protein	g	11.3	11.3	11.3	11.3
Fat	g	12.1	12.1	12.1	12
of which saturates	g	7.3	7.2	7.2	7.2
Carbohydrate	g	47.3	47.4	47.5	47.2
of which sugars	g	20.6	21.1	19.6	20.9
Fibre	g	0.9	0.9	0.8	0.8
Salt	g	0.48	0.49	0.52	0.48

### With 150ml Almond Drink

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	322	320	321	320
Protein	g	11.3	11.3	11.2	11.3
Fat	g	11.5	11.3	11.4	11.3
of which saturates	g	5.8	5.7	5.7	5.7
Carbohydrate	g	42.7	42.8	42.9	42.6
of which sugars	g	18.7	19.1	17.6	18.9
Fibre	g	1.1	1.1	0.95	0.95
Salt	g	0.57	0.59	0.61	0.57

### With 150ml water

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	298	296	297	296
Protein	g	10.7	10.7	10.7	10.7
Fat	g	9.8	9.7	9.7	9.6
of which saturates	g	5.6	5.5	5.5	5.5
Carbohydrate	g	41.3	41.4	41.5	41.2
of which sugars	g	17.4	17.9	16.4	17.7
Fibre	g	0.6	0.6	0.5	0.5
Salt	g	0.36	0.37	0.4	0.36

### With 150ml Orange Juice

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	339	337	338	337
Protein	g	11.4	11.4	11.4	11.4
Fat	g	10.1	10	10	9.9
of which saturates	g	5.7	5.6	5.6	5.6
Carbohydrate	g	50.1	50.2	50.3	50
of which sugars	g	25.6	26.1	24.6	25.9
Fibre	g	0.93	0.93	0.83	0.83
Salt	g	0.41	0.42	0.45	0.41

### With 150ml Apple Juice

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	342	340	341	340
Protein	g	11.1	11.1	11.1	11.1
Fat	g	10.1	10	10	9.9
of which saturates	g	5.7	5.6	5.6	5.6
Carbohydrate	g	51.6	51.7	51.8	51.5
of which sugars	g	26.7	27.2	25.7	27
Fibre	g	1.1	1.1	1	1
Salt	g	0.41	0.42	0.45	0.41

### With 150ml Pineapple Juice

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	348	346	347	346
Protein	g	11.1	11.1	11.1	11.1
Fat	g	10.1	10	10	9.9
of which saturates	g	5.7	5.6	5.6	5.6
Carbohydrate	g	52.8	52.9	53	52.7
of which sugars	g	28.3	28.8	27.3	28.6
Fibre	g	0.9	0.9	0.8	0.8
Salt	g	0.41	0.42	0.45	0.41

### With 150ml Cranberry Juice

Mango	Peach	Pineapple	Strawberry & Cranberry
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Energy	kcal	305	303	304	303
Protein	g	11	11	11	11
Fat	g	10.1	10	10	9.9
of which saturates	g	5.7	5.6	5.6	5.6
Carbohydrate	g	42.7	42.8	42.9	42.6
of which sugars	g	18.1	18.6	17.1	18.4
Fibre	g	0.9	0.9	0.8	0.8
Salt	g	0.38	0.39	0.42	0.38