



Lean Green Smoothie

Ingredients	Quantity
Reduced Fat milk	½ cup
Vanilla yoghurt	1/4 cup
White chia seeds	1 tspn
Hot water	2 Tb
Green Kale, stems removed	1 cup
Kiwi fruit, peeled	1 medium
Honey	2 tspn
Enrich Plus WPI	20g (heaped scoop)

Serves – 1

Method

1. Place chia seeds and water in a small bowl. Stand for 10 mins
2. Place chia seed mixture into a blender with remaining ingredients.
3. Blend until smooth.
4. Pour into a tall serving glass. Serve immediately.

Nutritional Content	Per Serve
Energy	1324kJ
Protein	27.9g
Total Fat	5.9g
- saturated fat	2.8g
Carbohydrate	36.8g
- Sugars	33.0g
Calcium	429mg
Sodium	179mg
Dietary Fibre	5.2g

Recommended Food Fortifier:



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