



Pomegranate Punch Smoothie

Ingredients	Quantity
Reduced Fat milk	½ cup
Pomegranate Juice	¼ cup
Blueberries, fresh or frozen	½ cup
Fruit Salad, in natural juice	120g
Enrich Plus WPI	20g (heaped scoop)

Serves – 1

Method

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a tall serving glass. Serve immediately.

Nutritional Content	Per Serve
Energy	1204kJ
Protein	23.7g
Total Fat	5.4g
- saturated fat	3.3g
Carbohydrate	34.6g
- Sugars	41.0g
Calcium	248mg
Sodium	89mg
Dietary Fibre	3.7g

Recommended Food Fortifier:



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