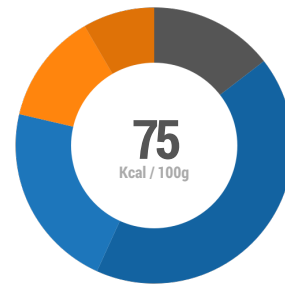


Blueberry Buzz

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

64.1% Carbs

14.5% Protein

21.4% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 397G SERVING	%RI
Energy(Kj)	330 ^{kj}	4%	1311 ^{kj}	16%
Energy(Kcal)	78 ^{kcal}	4%	311 ^{kcal}	16%
Fat	1.8 ^g	3%	7.1 ^g	10%
of which saturates	0.7 ^g	4%	2.8 ^g	14%
Carbohydrate	12 ^g	5%	48 ^g	18%
of which sugars	7.9 ^g	9%	31 ^g	34%
Fibre	1.6 ^g	6%	6.4 ^g	26%
Protein	2.7 ^g	5%	11 ^g	22%
Salt	0.07 ^g	1%	0.26 ^g	4%

CONTAINS:



MILK

MAY CONTAIN:



OATS

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI Energy(Kj) 4% RI	Saturated Fat 3% RI Monounsaturated fat 1% RI cis-Mono Polyunsaturated fat 3% RI Omega3(n-3) 12% RI Omega6(n-6) 1% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 1% RI Retinol Carotene Vitamin D Vitamin E 1% RI Vitamin K ₁ 0% RI Thiamin (B ₁) 9% RI Riboflavin (B ₂) 9% RI Niacin total (B ₃) 6% RI Niacin 2% RI Tryptophan Pantothenic Acid (B ₅) 5% RI Vitamin B ₆ 10% RI Folates (B ₉) Total 6% RI Vitamin B ₁₂ 3% RI Biotin (B ₇) 4% RI Vitamin C 3% RI
75kcal 316kJ	0.7g 0.42g - 0.52g 0.26g 0.17g - 0.03g 3.5mg	11.4ug 8.8ug 11.7ug 0ug 0.1mg 0.06ug 0.1mg 0.12mg 0.92mg 0.26mg 31.2mg 0.27mg 0.14mg 12.4ug 0.06ug 1.9ug 2.6mg
Macronutrients	Minerals & trace elements	Other
Carbohydrate 5% RI Protein 5% RI Fat 3% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 1% RI Potassium 11% RI Chloride 10% RI Calcium 9% RI Phosphorus 12% RI Magnesium 6% RI Iron 3% RI Zinc 4% RI Copper 5% RI Manganese 10% RI Selenium 1% RI Iodine 14% RI	GI (estimated) GL
12g 2.7g 1.8g 81g 0g 0g	26.3mg 211mg 83mg 69mg 81mg 21.9mg 0.41mg 0.42mg 0.05mg 0.21mg 0.73ug 20.6ug	33.5 4
Carbohydrate		
Starch Oligosaccharide Fibre 6% RI NSP Sugars 9% RI Glucose Galactose Fructose Sucrose Maltose Lactose		
2.2g - 1.6g 0.62g 7.9g 2g 0.98g 1.9g 0.78g trace 1.4g		

Recipe Ingredients ...	Quantity:	Description:
Bananas, flesh only	100g	1x Medium
Oat flakes, rolled	10g	1x tablespoon
Blueberries, frozen	100g	0.6x cup, unthawed
Yogurt, whole milk, plain	125g	1x average pot
Boyne Valley Honey Pure and Natural Honey 341g	5g	0x Per pack
Vanilla essence, no alcohol	2.5g	0.5x teaspoon
Flax Seed (milled or whole)	4g	1x teaspoon (whole)
Water, tap, drinking	50g	0.1x litre

Ingredient List (QUID) ...

Yogurt (31.5%) (**Milk**), Blueberries (25.2%), Bananas (25.2%), Water (12.6%), Oats (2.5%), Boyne Valley Honey Pure and Natural Honey 341g (1.3%), Flaxseed (1%), Vanilla essence (0.63%)

Cooking Instructions & Notes

This smoothie is a great start to the day because it contains

- Blueberries - which are full of antioxidants and help protect the body from oxidative damage
- Bananas - contain a high level of potassium which is beneficial in blood pressure regulation
- Oats - contain soluble fibre which assists in the absorption of bad cholesterol
- Flaxseeds - have an abundance of omega 3 fatty acids which is beneficial for brain function
- Yoghurt - Natural yoghurt is of benefit to gut health