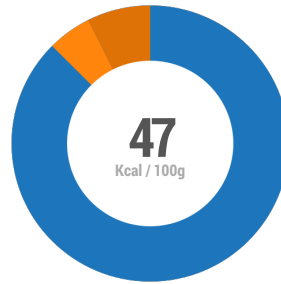


Wild Berry Smoothie

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

75.1% Carbs

12.4% Protein

12.5% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 636G SERVING	%RI
Energy(Kj)	222 ^{kJ}	3%	1413 ^{kJ}	17%
Energy(Kcal)	53 ^{kcal}	3%	335 ^{kcal}	17%
Fat	0.7 ^g	1%	4.2 ^g	6%
<i>of which saturates</i>	0.4 ^g	2%	2.5 ^g	13%
Carbohydrate	9.4 ^g	4%	60 ^g	23%
<i>of which sugars</i>	8.9 ^g	10%	57 ^g	63%
Fibre	1.6 ^g	6%	9.9 ^g	40%
Protein	1.4 ^g	3%	9.2 ^g	18%
Salt	0.04 ^g	1%	0.28 ^g	5%

CONTAINS:



Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 2% RI	Saturated Fat 2% RI	Vitamin A (ret eq) 1% RI
Energy(Kj) 2% RI	Monounsaturated fat 1% RI	Retinol
Macronutrients	<i>cis-Mono</i>	Carotene
Carbohydrate 3% RI	Polyunsaturated fat 0% RI	Vitamin D
Protein 3% RI	<i>Omega3(n-3)</i> 0% RI	Vitamin E 3% RI
Fat 1% RI	<i>Omega6(n-6)</i> 0% RI	Vitamin K ₁
Water	<i>cis-Poly</i>	Thiamin (B ₁) 2% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 5% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 3% RI
Carbohydrate	Minerals & trace elements	Niacin 1% RI
Starch	Sodium 1% RI	Tryptophan
Oligosaccharide	Potassium 5% RI	Pantothenic Acid (B ₅) 3% RI
Fibre 6% RI	Chloride 5% RI	Vitamin B ₆ 2% RI
NSP	Calcium 6% RI	Folates (B ₉) Total 6% RI
Sugars 10% RI	Phosphorus 6% RI	Vitamin B ₁₂ 2% RI
Glucose	Magnesium 2% RI	Biotin (B ₇) 2% RI
Galactose	Iron 2% RI	Vitamin C 6% RI
Fructose	Zinc 2% RI	Other
Sucrose	Copper 2% RI	GI (estimated)
Maltose	Manganese 13% RI	GL
Lactose	Selenium 1% RI	
	Iodine 8% RI	

Recipe Ingredients ...	Quantity:	Description:
Blackberries, raw	67g	
Raspberries, frozen	67g	
Blueberries	47g	
Yogurt, whole milk, plain	125g	1 average pot
Just Juice 100% Pure Apple Juice from Concentrate 1L	330ml	2.2x per 150ml serving

Ingredient List (QUID) ...

Just Juice 100% Pure Apple Juice from Concentrate 1L (51.9%) [Apple Juice from Concentrate], Yogurt (19.7%) (**Milk**), Blackberries (10.5%), Raspberries (10.5%), Blueberries (7.4%)