

# The Art of the Ultimate Smoothie

Tough week on the sports field? Training hard? Getting ready for competition? Using the right blend of simple foods to create a pre or post-sport smoothie can offer a timely nutrient boost. Select ingredients from each column. Add ice, frozen fruits, sparking water, extra milk or juice to get your preferred consistency. Have a go, do it your way!



Base	Energy	Fabulous Flavours	Vitamins
cottage cheese	peanut butter, honey	mint	spinach
cow's milk	porridge oats	ginger	strawberries, bananas
natural yogurt	quinoa	cinnamon	apples, pineapple
orange or apple juice	beetroot juice	coconut	watermelon
carton of rice pudding	muesli	cocoa powder	frozen berries

## Smoothies

Calcium Booster	Vitamin shot	Iron Surprise	Brekkie To Go
<p><b>WITH CALCIUM IMPORTANT FOR BONE HEALTH</b></p> <p>Ingredients Flavoured milk, almond butter, banana, cottage cheese</p> <p>Calcium ★★★★★ Energy ★★★★★☆ Protein ★★★★★</p>	<p><b>WITH VITAMIN C IMPORTANT FOR IMMUNE FUNCTION</b></p> <p>Ingredients Berries, milk, coco powder</p> <p>Calcium ★★★★★☆ Energy ★★★★★☆ Vitamin C ★★★★★</p>	<p><b>CONTAINS IRON FOR HELPING REDUCE TIREDNESS</b></p> <p>Ingredients Natural yogurt (plain, fruit or vanilla), chopped apricots, almonds, spinach, mint</p> <p>Calcium ★★★★★☆ Energy ★★★★★☆ Iron ★★★★★☆</p>	<p><b>QUICK ENERGY FOR EARLY STARTS</b></p> <p>Ingredients Low fat rice pot, milk, oats, peanut butter</p> <p>Calcium ★★★★★☆ Energy ★★★★★☆ Protein ★★★★★</p>