



Breakfast Smoothie

Recipe makes:

1 Smoothie

Preparation time:

5 minutes

Nutritional Information

1 Smoothie

Energy	345kcal
Carbohydrates of which sugars	17g 4.1g
Protein	30.6g
Fat	17.5g

Ingredients:

- 22g unflavoured and unsweetened whey protein
- 240g unsweetened almond milk
- 1 tbsp smooth almond butter
- ½ tbsp unsweetened cocoa powder
- 30g spinach leaves
- ¾ tsp almond extract
- 1 tbsp oats
- 2 strawberries

Method:

1. Place all ingredients in a blender and blend until smooth. Add water, if a thinner consistency is desired.

Chef's Tips:

- Add ice before blending, if desired.
- For a different flavour and texture, try using hemp seeds, extract flavours, ground cinnamon, or different nuts.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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