



# Green Goddess Smoothie

Recipe makes:

1 smoothie

Preparation time:

5 minutes

## Nutritional Information

### 1 Smoothie

Energy	296kcal
Carbohydrates of which sugars	8.1g 5.8g
Protein	12.8g
Fat	23.6g

## Ingredients:

- 100g plain Greek yogurt
- 15g mixed greens
- ¼ of an avocado
- 1 tbsp hemp seeds
- 4 fresh raspberries

## Method:

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

## Chef's Tip:

- Add ice before blending, if desired.

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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