



Pick-Me-Up Smoothie

Recipe makes:
1 Smoothie

Preparation time:
5 minutes

Nutritional Information

1 Smoothie

Energy	136kcal
Carbohydrates of which sugars	4.1g 2.9g
Protein	8g
Fat	9.7g

Ingredients:

- 120ml unsweetened almond milk
- 7.5g baby spinach leaves
- 4g baby kale
- 1 tbsp almond butter
- 10 small fresh blueberries
- $\frac{3}{4}$ tsp vanilla extract

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.
- Try any greens you have on hand for a different flavour.

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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