

# Smoothie Mixology

Choose one ingredient from each section and add sweetener if preferred.



## 1. Smoothie Base

Choose one:

- 24g unflavoured whey protein powder mixed with water
- 100g Low-fat Greek yogurt
- 125ml Unsweetened almond milk
- Unsweetened soy milk
- 120ml semi-skimmed milk
- 250ml pea protein milk

## 2. Added Greens

Choose one:

- 15g Spinach
- 15g Kale
- 15g Mixed greens
- 15g Rocket
- 15g Swiss chard
- 15g Broccoli



## 3. Healthy Fat Options & Bonus Protein

Choose one:

- 1 tbsp Linseeds (Flax seed)
- 1 tbsp Chia seeds
- 1 tbsp Hemp seeds
- 1/4 of Ripe avocado
- 1 tbsp Pumpkin seeds
- 1 tsp Coconut oil
- 1 tbsp Almond butter



## 4. Optional Berries

- 25g Cranberries (not dried)
- 2 (24g) Strawberries
- 10 (13g) Blueberries
- 4 (7g) Raspberries
- 3 (15g) Blackberries



## 5. Fancy Add-On's

- 1/2 tbsp Cocoa powder
- 1/2 tbsp PB2 Peanut butter powder
- 3/4 tsp Almond extract
- 3/4 tsp Vanilla extract
- 1/2 tsp Ground cinnamon
- 1/2 tsp Nutmeg
- 1 tsp Instant coffee
- 1/2 tsp Ground turmeric
- 1/4 tsp Ground cumin
- 1 tbsp Oats
- 1 tbsp Lemon juice
- 1 tbsp Lime juice



## 6. Make It Sweeter

Optional to taste:

- 1g Stevia
- 1g Splenda
- 1g Equal



## Method

Place all ingredients in a blender and blend until smooth.

Add water, if a thinner consistency is 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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