

Breakfast 3

Power Smoothie:

Strawberries, kale, feijoas, mint, coconut cream and ice blended to create the taste of summer.

GF

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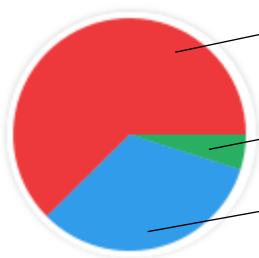
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Ingredients

- 2x cups chopped kale
- 1x cup strawberry halves
- 1x feijoa sliced
- 2x tablespoons fresh mint
- 1x wedge lemon juice and flesh
- ½ cup coconut milk
- ¼ cup water



Fats: 29.2g (22.3%)

Protein: 4.6g (4.9%)

Carbohydrates: 63.1g (18.1%)

See the directions for this recipe and the full nutrition panel on the following page.

Garden produce in this meal



Mint



Kale



Feijoa



Strawberries

Instructions

Place all ingredients in a blender and blend until smooth.

Power Smoothie		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1246.8 kJ	14 %
Protein	4.6 g	9 %
Fat, total	22.3 g	32 %
- saturated	18.7 g	78 %
Carbohydrate	18.1 g	9 %
- sugars	15.9 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.1 g	
Dietary Fibre	8.4 g	28 %
Sodium	41 mg	2 %
Vitamin C	148.9 mg	
Vitamin A	625.8 µg	
Calcium	165.3 mg	
Iron	3.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Power smoothies can be bulked up with other seasonal produce like citrus, apples, and celery when they are in season.