

Smoothie Bowl 4 ways

1 serving= 0g protein*

Serves 1

Ingredients

Green Smoothie

- Small handful of baby leaf spinach
- ½ ripe banana
- 1 kiwi
- 100ml Sno-Pro/Loprofin Drink

Mix Berry Smoothie

- 100g frozen mixed berries, thawed
- ½ ripe banana
- 100ml Sno-Pro/Loprofin Drink
- 1 tbsp honey

Blueberry Smoothie

- 75g blueberries (frozen or fresh)
- ½ ripe banana
- 100ml Sno-Pro/Loprofin Drink
- 1 tbsp honey

Mango Smoothie

- 100g mango
- ½ ripe banana
- 100ml Sno-Pro/Loprofin Drink
- 1 tbsp honey
- Juice ½ lime



Method

1. Put all the ingredients for your chosen smoothie into a food processor or blender, then process until smooth and thick^.
2. Serve immediately.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

The Loprofin Range are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision. This recipe is intended for patients who have been prescribed Loprofin by a healthcare professional.

* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and food labels.

^ Please follow the manufacturer's instructions.