



LIFEGAIN®

Advanced Nutritional Supplement

Berry Nice Smoothie



INGREDIENTS

- 30 g Lifegain® vanilla or stawberry powder
- 175 ml cold low fat milk
- 100 ml smooth strawberry flavoured yoghurt (soy or dairy)
- 100g frozen mixed berries (strawberries, raspberries, blackberries, blueberries)
- 1 teaspoon honey

METHOD

Blend all ingredients together and enjoy chilled.

Serves 1- 2



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