



LIFEGAIN®

Advanced Nutritional Supplement

Power Up Smoothie



INGREDIENTS

- 30 g Lifegain® vanilla powder
- 200 ml cold low fat milk
- 1 teaspoon Hot chocolate / malt powder
- 1 tablespoon peanut butter (unsalted, unsweetened)
- 1 medium ripe banana

METHOD

Blend all ingredients together and enjoy chilled.

Serves 1- 2



NATIVA (PTY) LTD
260 Cradock Avenue, Lyttelton, Centurion, 0157, South Africa
Tel: +27 (0) 12 664-7110 • Fax: +27 (0) 12 664-8031
Customer Care Line: **0860 628 482**
E-mail: health@nativa.co.za • Website: www.lifegain.co.za

Lifegain®. Gain the Advantage.

