



LIFEGAIN®

Advanced Nutritional Supplement



Fun in the Sun Smoothie

INGREDIENTS

- 15 g Lifegain® Junior vanilla powder
- 75 ml cold water
- 75 ml cold low fat milk
- ½ cup crushed pineapple (drained)
- 1 medium ripe banana
- 1 ml vanilla essence

METHOD

Blend all ingredients together and enjoy chilled.

Serves 1- 2



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