

Recipes:

Breakfast Smoothie

Blend together:

- 25g Banana Supa Shake mixed with 200ml water
- 1 banana
- 2tsp honey
- ¼ cup (60ml) rolled oats
- 1 heaped Tbs nuts
- ½ cup ice

Cholesterol lowering

Blend together:

- ½ cup peeled, grated apple
- ½ cup peeled grated carrots
- ½ cup frozen berries (any kind)
- 20g Supa Shake (banana/strawberry)
- 1 cup skim milk
- 250ml ice

Low fat, Low GI

Blend together:

- 1 cup (250ml) fat free milk
- 25g Strawberry Supa Shake
- ½ cup frozen strawberries
- ½ cup plain (or strawberry-flavoured) fat-free yoghurt

Up-n-Go

Blend together:

- 23g (1 sachet) Orange Supa Energy Drink mixed with 250ml water
- 175ml fat-free vanilla yoghurt
- ½ banana (or a whole one?)

High Protein 1

Blend together:

- 1 frozen banana
- ½ cup plain fat-free yoghurt
- 50g banana/vanilla-choc Supa Shake
- 2 Tbs (30ml) peanut butter
- 1 cup skim milk

High Protein 2

Blend together:

- ½ cup vanilla fat-free yoghurt
- ½ cup skim milk
- 3 Tbs vanilla-choc Supa Shake
- 60ml rolled oats/muesli