

**BLUEBERRY SMOOTHIE**

1 portion

INGREDIENTS

- 1/2 Can of coconut Milk (200 g)
- 40 grams of blueberries, frozen, unsweetened
- 1/2 tbsp of lemon juice from concentrate, canned or bottled (8 g)
- 1/4 tsp of vanilla extract (1 g)

COOKING METHOD

- 1° Place all ingredients in a blender and mix until smooth.
- 2° Place all ingredients in a blender and mix until smooth.
- 3° Taste, and add more lemon juice if desired.
- 4° Taste, and add more lemon juice if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (249 g)	% DRI
ENERGY	56 kcal	139 kcal	7 %
FAT	5 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	13 mg	32 mg	1 %
CARBOHYDRATE	3 g	8 g	3 %
SUGARS	2 g	5 g	—
FIBER	0 g	1 g	5 %
PROTEIN	0 g	1 g	—