




## PREGNANCY POWER SMOOTHIE

Chia and flax give this fiber-rich smoothie a great texture while adding extra protein.

-  5 minutes
-  10 minutes
-  2 portions

### INGREDIENTS

- 1 tbsp, whole of seeds, flaxseed [10 g]
- 1/2 oz of seeds, chia seeds, dried [14 g]
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 1 cup of spinach, raw [30 g]
- 1 cup of raspberries, raw [123 g]
- 1/2 cup [8 fl oz] of yogurt, vanilla, low fat. [123 g]
- 1 cup of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D [245 g]
- 1 tbsp of honey [21 g]

### COOKING METHOD

- <sup>1</sup> Add all ingredients to blender and blend until smooth. Add ice for a thicker texture.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [317 g]	% DRI
ENERGY	95 kcal	301 kcal	15 %
FAT	4 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	4 mg	13 mg	4 %
SODIUM	39 mg	122 mg	5 %
CARBOHYDRATE	12 g	38 g	13 %
SUGARS	6 g	20 g	—
FIBER	3 g	11 g	42 %
PROTEIN	4 g	11 g	—