

# Teachers A+ Health Smoothie

4 portions

## Ingredients

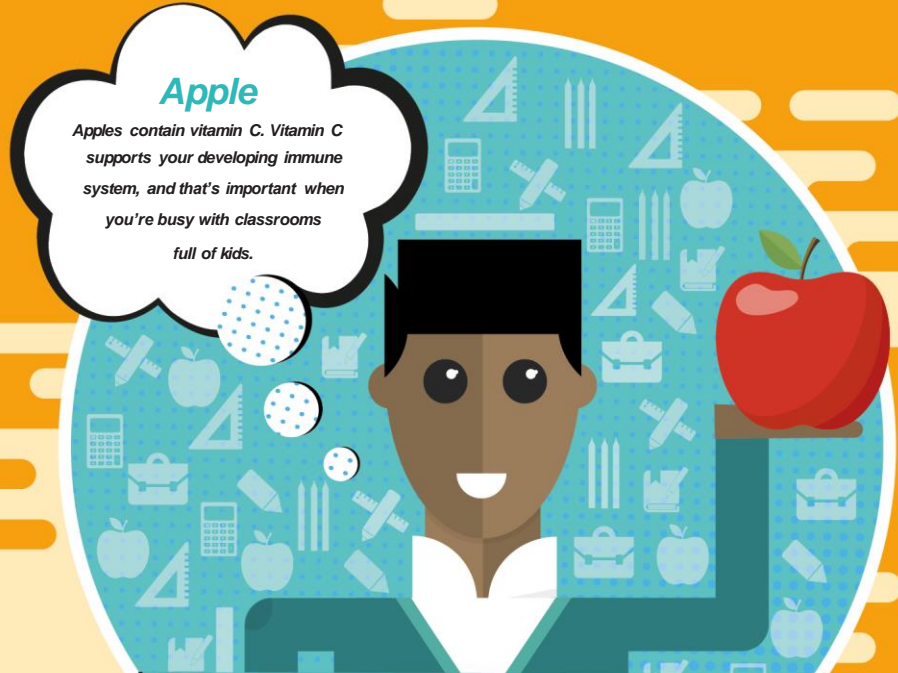
2 tsp	Ginger juice
2 each	Apple, Granny Smith
25g	Spinach, fresh
0.3 each	Pineapple
0.5 each	Lime
100g	Yoghurt 1.5 - 1.8%

## Method

- 1 Blend all the ingredients in a food processor until smooth.
- 2 Serve immediately.

## Apple

Apples contain vitamin C. Vitamin C supports your developing immune system, and that's important when you're busy with classrooms full of kids.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	55 kcal/ 231 kJ	46 kcal/ 193 kJ
Protein	2g	2g
Fats, total	0g	0g
Carbohydrate, total	13g	11g
Sugars, total	10g	8g
Fats, saturated	0g	0g
Fibre, total dietary	2g	2g
Sodium	25mg	21mg
Salt	63mg	58mg

\*Nutritional values may vary.



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