

## **POMEGRANATE, RASPBERRY AND BANANA SMOOTHIE**

### **Serves 2**

100g/4oz raspberries

1 banana, sliced

125g Alpro soya raspberry and vanilla alternative to yogurt

300ml/1½pt pomegranate juice

1) Put the raspberries, banana, raspberry and vanilla yogurt and pomegranate juice together in a blender. Blitz together until smooth and combined. Pour into two glasses and serve.

Per Serving:
Total calories 169 kcal
g
Total fat 1.7
Saturated fat 0.4
Polyunsaturated fat 0.9
Monounsaturated fat 0.4
Carbohydrates 36
Sugar 35
Total Protein 4.0
(Soya protein 2.4)