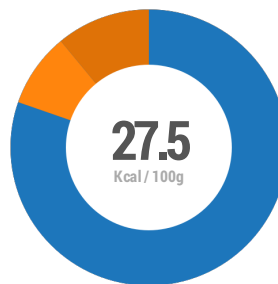


Mojito Melon Smoothie

By Emma Scott from NutriLife

Overview ...

U.1079120



WEIGHT:

60.3% Carbs

20% Protein

19.7% Fat

Food Labelling...

Label values per 100

Serves: 1

	PER 100G	%RI	PER 475G SERVING	%RI
Energy kcal	32.4 kcal	2%	154 kcal	8%
Energy kJ	136 kJ	2%	647 kJ	8%
Fat	0.6 g	1%	2.9 g	4%
<i>of which saturates</i>	0.3 g	2%	1.6 g	8%
Carbohydrate	4.4 g	2%	20.8 g	8%
<i>of which sugars</i>	4.3 g	5%	20.5 g	23%
Fibre	1.4 g	6%	6.7 g	27%
Protein	1.4 g	3%	6.6 g	13%
Salt	0.1 g	2%	0.5 g	8%

CONTAINS:



Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 1% RI 27.5kcal	Saturated Fat 2% RI 0.3g	Vitamin A (ret eq) 22% RI 179µg
Energy(Kj) 1% RI 117kJ	Monounsaturated fat 0% RI 0.1g	Retinol 4.4µg
Macronutrients	<i>cis-Mono</i> 0.1g	Carotene 1145µg
Carbohydrate 2% RI 4.4g	Polyunsaturated fat 0% RI 0.03g	Vitamin D 0% RI
Protein 3% RI 1.4g	<i>Omega3(n-3)</i> 0% RI 0.01g	Vitamin E 1% RI 0.1mg
Fat 1% RI 0.6g	<i>Omega6(n-6)</i> 0% RI 0.01g	Vitamin K ₁ 11% RI 8.3µg
Water 91ml	<i>cis-Poly</i> 0.01g	Thiamin (B ₁) 4% RI 0.04mg
<i>Water from Drinks</i>	Trans-fatty acids 0.02g	Riboflavin (B ₂) 5% RI 0.1mg
Alcohol	Cholesterol 1.7mg	Niacin total (B ₃) 4% RI 0.6mg
Carbohydrate	Minerals & trace elements	Niacin 0.4mg
Starch 0.04g	Sodium 2% RI 37.5mg	Tryptophan 14.2mg
Oligosaccharide	Potassium 11% RI 220mg	Pantothenic Acid (B ₅) 3% RI 0.2mg
Fibre 6% RI 1.4g	Chloride 10% RI 82mg	Vitamin B ₆ 6% RI 0.1mg
NSP 0.6g	Calcium 7% RI 53mg	Folic Acid (B ₉) 6% RI 11.1µg
Sugars 5% RI 4.3g	Phosphorus 6% RI 40mg	Vitamin B ₁₂ 1% RI 0.03µg
Free Sugars 0.5g	Magnesium 4% RI 15.1mg	Biotin (B ₇) 1% RI 0.4µg
Glucose 1.1g	Iron 2% RI 0.3mg	Vitamin C 21% RI 16.7mg
Galactose 1.1g	Zinc 2% RI 0.2mg	
Fructose 1.2g	Copper 1% RI 0.01mg	Other
Sucrose 0.8g	Manganese 1% RI 0.03mg	GI (estimated) 56
Maltose 0.8g	Selenium 1% RI 0.3µg	GL 2.4
Lactose 0.7g	Iodine 8% RI 12.2µg	

Recipe Ingredients ...	Quantity:	Description:
Melon, Canteloupe-type, flesh only	260g	2x Average slice
Coconut water	75g	5x tablespoon
Yogurt, whole milk, plain	75g	0.5x Larger pot
Ice cubes	36g	1x 3 average ice cubes
Lime juice, fresh	15g	1x tablespoon
Spinach, mature, raw	10g	1x Average Portion
Mint, fresh	4g	1x Average Portion
Portion Sizes ...	Quantity:	Kcal:
Cooking Instructions & Notes ...		

Post-recovery carbohydrate and electrolyte boost

This hydrating recovery drink contains pro-biotic yogurt to support balance of intestinal flora, keeping the immune system strong. Plus, the protein it provides aids muscle recovery. Electrolytes including; Calcium, Magnesium, Potassium, Sodium and Chloride are all essential minerals that support muscle contractions. The electrolyte potassium helps muscle health and recovery, and magnesium may help reduce tiredness and fatigue.

This hydrating recovery drink will keep you feeling physically and mentally balanced and ready to hit your next workout!

Method:

1. Chop the cantaloupe into cubes and pop into a blender.
2. Add the mint and spinach leaves, lime juice, yogurt, coconut water and ice cubes.
3. Blend until completely smooth, about 30 seconds.
4. Serve immediately, garnish with extra mint if desired - enjoy!

Recommended for hard intense workouts lasting more than 60 minutes, or high interval training sessions, HIT workouts.