



SEASONAL *Smoothies*

Make the most of our new vegan-friendly ONS,
Foodlink Smoothie this festive season and
try these **plant-based** recipe ideas.





Candy Cane Smoothie

1 x Red Berry Foodlink Smoothie
1 banana • 1 tbsp agave nectar
150ml sweetened almond or oat milk
¼ tsp peppermint extract
½ tsp vanilla extract
1 vegan mint candy cane (optional)

503kcal | 12g Protein

Add the candy cane to a plastic bag and seal well. Use a rolling pin crush the candy cane into very small pieces. Put aside for later. Add the rest of the ingredients into a blender and blend until smooth. Pour into a glass, sprinkle over the crushed candy cane and enjoy immediately!



Peach & Baileys Smoothie

1 x Foodlink Smoothie Peach
50ml Baileys Almande
1 tsp vanilla extract
150ml almond milk
Ice cubes
2 mint leaves, 1 peach slice (optional)

373kcal | 11g Protein

Add the Baileys Almande, almond milk, vanilla extract and Foodlink Smoothie Peach to a Nualtra shaker or a blender and blend until smooth. Add ice cubes to a glass and pour in the mixed smoothie. Garnish with mint leaves and a peach slice (optional).

All nutritional values approximate depending on brand of product used.



Gingerbread & Mango Smoothie

1 x Foodlink Smoothie Orange & Mango
1 cup oat or almond milk
1 tsp ground ginger
1 tsp mixed spice • Ice cubes

346kcal | 11g Protein

Add the ingredients to a Nualtra shaker or blender and blend on high speed until smooth. Serve in a glass with the ice cubes and drink immediately.



Citrus Cinnamon Smoothie

1 x Foodlink Smoothie Tropical
1 banana • 30ml orange juice
1 tbsp lime juice
1 tsp cinnamon • 1 tsp ground ginger
150ml coconut milk
Ice cubes

465kcal | 13g Protein

Add the ingredients to a blender and blend on high speed until smooth. Serve immediately in a glass with the ice cubes. Garnish with sprinkled ground cinnamon and a slice of lime (optional).

Serving Suggestions Only.