



Anlene Breakfast Smoothie

Get up and go with this delicious smoothie.
Add a little psyllium husk or wheatgerm for extra fibre.

Serves 4

1½ cups	Anlene No Fat*
½ cup	Australian reduced fat natural yoghurt
1 cup	canned apricots in natural juice, drained
1	ripe banana
2 teaspoons	honey
¼ teaspoon	cinnamon

Method:

1. Blend all ingredients in a blender for 1 minute or until smooth and thick.
2. Pour into four chilled tall glasses for serving.

Tip: Keep canned apricots in the fridge and freeze the peeled banana for a thicker, ice-cold smoothie. Apricots can be substituted for canned peaches or fruit salad in natural juice.

*less than 0.15g fat/100ml

 **Anlene**[™]
EXPERT IN BONE NUTRITION

MAGNET AREA



Anlene™

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Regular weight-bearing exercise, a healthy lifestyle and a diet rich in essential bone nutrients are important to help maintain your bones.

Anlene is rich in essential bone nutrients – Calcium PLUS Vitamin D, Magnesium, Zinc and Protein.

*Enjoy Anlene milk with added Vitamin D and minerals – scientifically proven** to help maintain bones.*

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (250mL)	PER 100mL
ENERGY	550kJ	220kJ
PROTEIN	7.2g	2.9g
FAT		
– TOTAL	0.7g	0.3g
– SATURATED	0.4g	0.2g
CARBOHYDRATE		
– TOTAL	22.8g	9.1g
– SUGARS	21.4g	8.6g
DIETARY FIBRE	1.6mg	0.6mg
SODIUM	62mg	25mg
CALCIUM	255mg	102mg

Nutritional Information may vary according to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs of adults who may be lacking in essential bone nutrients and energy in their everyday diet.

**Based on evidence from a 16 week bone marker trial and additional Anlene research

Anlene Tips

- Freeze Anlene Low Fat or No Fat* into an ice tray, then drop a couple of Anlene Low Fat or No Fat* ice blocks into Anlene smoothies, milkshakes or iced coffees on a hot day (flavour the ice blocks with coffee or chocolate syrup before freezing for something special).
- Cook couscous in a little sweetened Anlene Low Fat or No Fat*, cinnamon and a selection of dried fruits and nuts for a delicious low fat dessert.
- For a quick Bircher Muesli, stir Anlene Low Fat or No Fat* into natural muesli with some grated apple and a touch of cinnamon. Refrigerate overnight and serve topped with fresh fruit and yoghurt.

www.anlene.com.au