



Mixed Berry and Nectarine Smoothie

A cool and refreshing summer smoothie.

Serves 4

1 cup	frozen mixed berries
2	ripe nectarines, stoned and chopped
2 scoops	Australian reduced fat berry flavoured frozen yoghurt
2 teaspoons	maple syrup
4	mint leaves, torn
2 cups	Anlene No Fat*

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: *Berries are a great ingredient for smoothies as they are rich in antioxidants.*

*less than 0.15g fat/100ml

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

MAGNET AREA



Anlene™

EXPERT IN BONE NUTRITION

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Did you know that bones can begin to break down after age 25?

The good news is that they are alive and you can feed them everyday with Anlene.

Enjoy Anlene milk with added Vitamin D and minerals – it has more than just calcium to help maintain your bones.

Anlene. Expert in Bone Nutrition.

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (250mL)	PER 100mL
ENERGY	565kJ	226kJ
PROTEIN	8.5g	3.4g
FAT		
– TOTAL	0.6g	0.2g
– SATURATED	0.3g	0.1g
CARBOHYDRATE		
– TOTAL	22.3g	8.9g
– SUGARS	22.1g	8.8g
DIETARY FIBRE	2.8mg	1.1mg
SODIUM	66mg	26mg
CALCIUM	302mg	121mg

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.

Anlene Tips

- Anlene Low Fat or No Fat* makes a fabulously thick, creamy and calcium rich Café Latte or Chai Latte.
- Anlene Low Fat or No Fat* adds an extra creaminess to rice pudding, custard or porridge.
- 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).

www.anlene.com.au