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# GlucaChol-22™



## Berry Bomb Smoothie

### INGREDIENTS

- 1 banana
- 1 small handful frozen/fresh berries
- 100ml plain yoghurt
- 1tbsp flaked almonds
- 1tbsp macadamia nuts
- 1tsp raw honey
- 2 scoops Strawberry GlucaChol-22™
- Water and ice

Makes 1 smoothie



### For a healthy heart

- Reduces blood cholesterol levels
- Very high in fibre
- Convenient, quick and tasty drink
- Effective within weeks
- Contains Tolerase® L (lactase)



### DIRECTIONS

1. Combine all ingredients and blend until smooth
2. Pour in glass and enjoy!
3. Smoothie will thicken if left to stand



 Innovation  
Based on Science

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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.  
May reduce the risk of coronary heart disease**