

Mi-

GlucaChol-22™



Strawberry Nut Smoothie

INGREDIENTS

- 1 handful strawberries
- 175ml plain yoghurt
- ½ banana
- 10 almonds
- 2 scoops Strawberry GlucaChol-22™
- 1 tsp nut butter (almond/cashew/peanut)
- 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**