

Apricot & Almond Smoothie

Smoothie

Serves: 1



Shopping & Ingredients List:

30g **Ready-to-Eat Apricots**
100ml **Unsweetened Orange Juice**
1 tsp **Clear Honey**
25g **Blanched Almonds**
1 tbsp **Wheatgrass**
1 scoop Active Greens
3-4 ice cubes



Method

1. In a powerful blender blend all the ingredients until smooth & serve immediately.

Macro info per serving

Protein

9g

Carbs

47g

Fat

15g

Energy

359Kcal