

RECIPE

HEART-HEALTHY SMOOTHIE



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INGREDIENTS:

- 100 g frozen berries of your choice
- 30 g oat bran
- 1 cup (250 ml) fat-free/low-fat milk / unsweetened, calcium-fortified soy milk
- ½ frozen banana
- 1 tablespoon (15 ml) chia seeds
- 1 tablespoon (15 ml) nut butter e.g., almond butter
- 4 blocks of ice

INSTRUCTIONS:

1. Blend until smooth in a blender and enjoy.

Dietitian notes:

Including soluble fibre (found in foods like oat bran and chia seeds) is another effective way to reduce cholesterol.



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