



Health - Energy - Fitness - Confidence

## Christmas smoothie

150ml fresh orange juice  
70g frozen banana  
50g ripe pear, peeled and cored  
½ tsp mixed spice  
40g frozen cranberries  
1 tsp honey

Serves 1

Per serving:  
225 calories  
2g protein  
52g carbs  
1g fat

Place all of the ingredients in a blender jug. Blend well until creamy. Serve.

Consume immediately.

