



www.smoothies.melbourne

1300 790 746



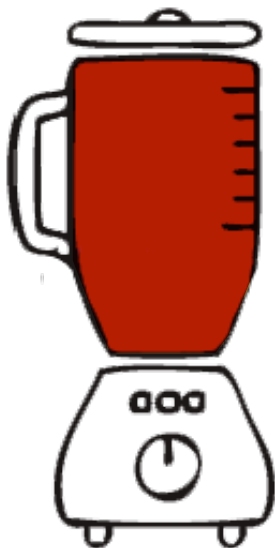
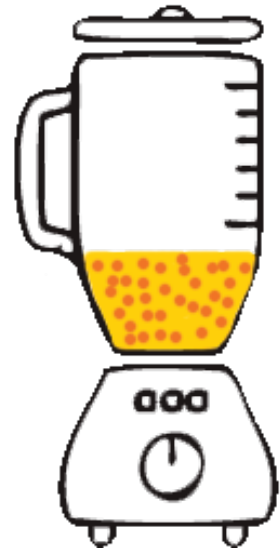
REAL FRUIT & VEG SMOOTHIES



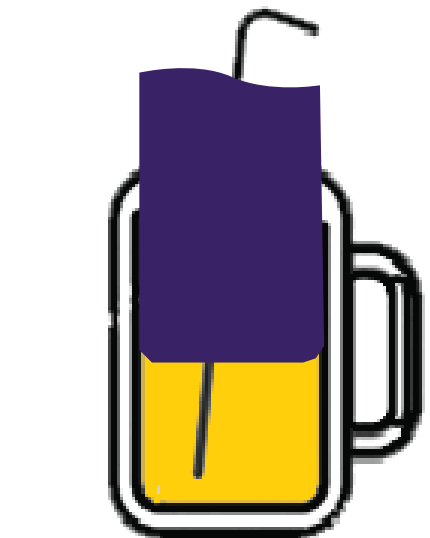
1. POUR 250ML OF
JUICE INTO BLENDER



2. ADD CONTENTS OF
XOTIK FRUIT SACHET



3. BLEND FOR 30 SECS



4. POUR INTO
GLASS & SERVE



INGREDIENTS:

banana (banana, antioxidant: ascorbic acid, acidity regulator: citric acid) 42%, kale 30%, mango 18%, water 6.7%, lemongrass 3.3%

NUTRITIONAL INFORMATION PER 100G:

Energy 63 kcal

Fat 0.5 g

Saturated fatty acids 0.1 g

Carbohydrates 12 g

Sugars 9.0 g

Fibers 2.1 g

Proteins 1.0 g

Sodium <0.01 g

Green Reviver

Great for a detox or that cheek-y hangover, Drink, Revive, Survive!



INGREDIENTS:

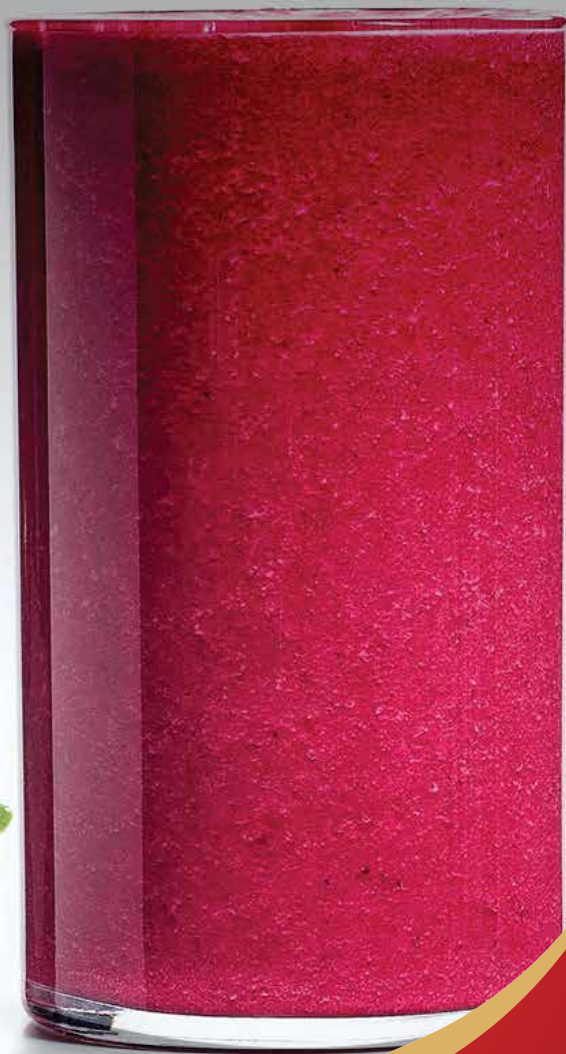
black currants 31%, blueberries 26%, banana(banana, antioxidant: ascorbic acid, acidity regulator: citric acid) 23%, black-berries 20%.

NUTRITIONAL INFORMATION PER 100G:

Energy 56 kcal
Proteins 1.4 g
Carbohydrates 9.3 g
Sugars 8.6 g
Fat 0.2 g
Saturated Fats 0.0 g
Sodium 2 mg
Fibers 5.9 g

Berry Burst

This burst of flavor with the goodness of berries, how can you say no?!



INGREDIENTS:

red beetroot 35.3%, pineapple 32%, water 13.3%, wild blueberries 12.7%, ginger 6.7%

NUTRITIONAL INFORMATION PER 100G:

Energy 186 kJ
Energy 44 kcal Fat 0.1 g
Saturated fatty acids <0.1 g
Carbohydrates 8.8 g
Sugars 7.8 g
Fibers 1.6 g
Proteins 0.7 g
Sodium <0.01 g

Ginger Beets

This description is for the Ginger Beets goodness!



INGREDIENTS:

bmango 66.7%, pear (pear, antioxidant : E300, acidity regulator : E330) 33.3%

NUTRITIONAL INFORMATION PER 100G:

Energy 59 kcal
Proteins 1.3 g
Carbohydrates 12.5 g
Sugars 11.3 g
Fat 0.0 g
Saturated fatty acids 0.0 g
Sodium 3 mg
Fibers 1.7 g

Mango Dream

You'll truly think you're still dreaming tasting this wonderful smoothie flavor.



INGREDIENTS:

☒ pineapple 41.6%, papaya 29.2%, mango 29.2%

NUTRITIONAL INFORMATION PER 100G:

Energy 221.0 kJ

Energy 53.0 kcal

Proteins 0.9 g

Carbohydrates 12.4 g

Sugars 11.4 g

Fat 0.0 g

Saturated fatty acids 0.0 g

Sodium 2.0 mg

Pineapple Sunset

The tropical something something
will send your tastebuds on holi-
day!



INGREDIENTS:

pineapple 50%, apple (apple, antioxidant: ascorbic acid, acidity regulator: citric acid) 15%, raspberries, 15%, mango 12.5%, blueberries 7.5%

NUTRITIONAL INFORMATION PER 100G:

Energy 50 kcal

Fat <0.1 g

Saturated fatty acids <0.1g

Carbohydrates 11 g

Sugars 11 g

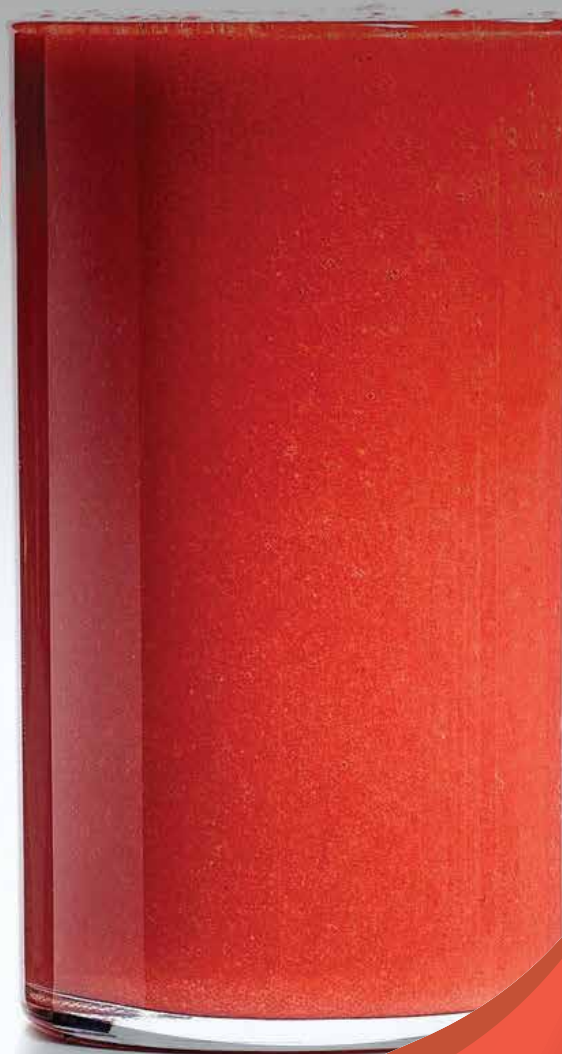
Fibers 1.1 g

Proteins 0.5 g

Sodium <1 mg

Raspberry Heaven

So much raspberry goodness you'll think you've gone to heaven!



INGREDIENTS:

strawberry 77.3%, banana (banana, antioxidant: ascorbic acid, acidity regulator: citric acid) 22.7%

NUTRITIONAL INFORMATION PER 100G:

Energy 345.3 kJ

Energy 82.8 kcal

Proteins 1.1 g

Carbohydrates 19.6 g

Sugars 16.5 g

Fat 0.0 g

Saturated fatty acids 0.0 g

Sodium 0.0 mg

Strawberry Fantasy

The tastiest Strawberry Smoothie
you'll ever try!



INGREDIENTS:

Passion fruit, guava, peach, pineapple and papaya

NUTRITIONAL INFORMATION PER 100G:

Energy 215 kJ / 51 kcal

Fat <0,5 g

of which saturates <0,1 g

Carbohydrate 10 g

of which sugars 10 g

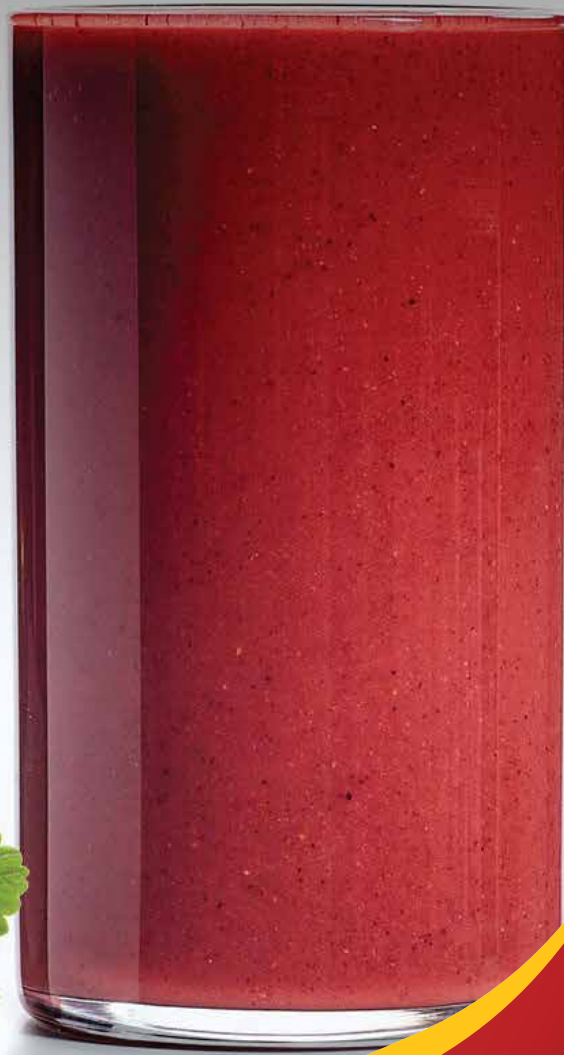
Fibre 1,4 g

Protein 0,8 g

Salt <0,01 g

Passion Storm

The goodness of aloe vera blended with passion fruit, guava, peach, pineapple and papaya.



INGREDIENTS:

Açai berries, wild blueberry, mango, and strawberry

NUTRITIONAL INFORMATION PER 100G:

Energy 117 kJ/47 kcal

Fat <0,5 g

of which saturates <0,1 g

Carbohydrate 8,5 g

of which sugars 8,4 g

Fibre 1,3 g

Protein 0,8 g

Salt 0,02 g

Acai Kick

Kick start your day with this blend of Açai berries, wild blueberry, mango, and strawberry.