

Ingredients:

Açaí Berry Powder, Psyllium Husk Powder, Strawberry Powder, Linseed Meal, Sunflower Seed Meal, Almond Meal, Citric Acid, Probiotics (Lactobacillus Acidophilus).

Contains tree nuts.

Tony Ferguson Smoothie Bowl – Acai Berry Flavour (7 Pack)

**Tony
Ferguson**

Smoothie Bowl

Açaí Berry Flavour

- ✓ Excellent source of fibre
- ✓ Contains probiotics



15g x 7 sachets



Image represents a serving suggestion.

Smoothie Bowl

Açaí Berry Flavour

Tony Ferguson Açaí Berry Smoothie Bowl contains Psyllium Husk Powder which is an excellent source of fibre. It is the perfect snack to have in between meals.

Directions for use

Blend contents of sachet with half a frozen banana and 100ml almond milk, coconut milk or skim milk.

Storage

Store in a cool, dry place below 25°C and away from direct sunlight.

Warning

This product is a low calorie snack, not a meal replacement.



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Nutritional Information

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Serving size: 15g (15g with 100ml milk)	Ave. quantity per serving (Dry mix)	Ave. quantity per 100g (Dry mix)	Ave. quantity when made up*
Energy	230 kJ (55 Cal)	1531 kJ (366 Cal)	529 kJ (126 Cal)
Protein	1.1 g	7.1 g	2.5 g
– Gluten	Nil	Nil	Nil
Fat, Total	1.6 g	10.6 g	3.2 g
– Saturated	0.1 g	0.7 g	0.2 g
– Unsaturated	1.5 g	9.9 g	3.0 g
Carbohydrates, Total	6.7 g	44.7 g	18.4 g
– Sugars	0.3 g	2.0 g	7.8 g
– Lactose	Nil	Nil	Nil
– Galactose	Nil	Nil	Nil
Dietary Fibre, Total	5.0 g	33.3 g	6.7 mg
Sodium	11.6 mg	77.2 mg	47.0 mg
Lactobacillus Acidophilus	1 Billion CFU	6.67 Billion CFU	1 Billion CFU

*Values reflect when 15g serve is made up of half a frozen banana and 100ml almond milk.

RDI: Recommended Dietary Intake.

Percentage daily intakes are based on an average adult diet of 8700kJ.