



9ROUND[®]

KICKBOXING FITNESS

HALO Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

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Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> 1 orange 3 lemons pineapple 3 avocados strawberries <p>Vegetables</p> <ul style="list-style-type: none"> 9 onions 3 red onions bunch green onions (spring onions) 2 bulbs garlic root ginger 3 carrots celery portobello mushrooms 3 eggplants (aubergine) 4 tomatoes 2 red chilis 1 yellow bell pepper cauliflower broccoli kale arugula (rocket) <p>Fresh Herbs</p> <ul style="list-style-type: none"> parsley chives cilantro (coriander) basil mint <p>Dried</p> <ul style="list-style-type: none"> raisins cranberries goji berries <p>Frozen</p> <ul style="list-style-type: none"> green peas edamame beans raspberries 	<p>Cold</p> <ul style="list-style-type: none"> almond milk, unsweetened soy natural yogurt fresh orange juice 12 oz. (350g) seitan 3 oz. (85g) tempeh 8 oz. (225g) firm tofu 	<p>Grains</p> <ul style="list-style-type: none"> all purpose flour rice flour brown rice basmati rice quinoa <p>Nuts & Seeds</p> <ul style="list-style-type: none"> almonds sliced almonds (flaked almonds) peanuts pine nuts walnuts shredded coconut (desiccated coconut) flaxseed meal (ground flaxseed) sunflower seeds pumpkin seeds sesame seeds chia seeds <p>Baking</p> <ul style="list-style-type: none"> baking powder vanilla extract vegan chocolate chips <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper garlic powder smoked sweet paprika paprika ground cumin ground ginger ground allspice ground turmeric curry powder tandoori masala spice blend dried rosemary dried thyme Italian seasoning 	<p>Oils</p> <ul style="list-style-type: none"> olive oil coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> maple syrup coconut sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> 14 oz. (400g) can white beans 14 oz. (400g) can chickpeas sun dried tomatoes tomato paste (puree) tomato passata vegan Worcestershire sauce apple cider vinegar balsamic vinegar whole wheat pasta vegetable broth (stock) lentils tomato ketchup burger sauce of choice dijon mustard tahini tamari kalamata olives <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt nutritional yeast vegan vanilla protein powder sliced whole wheat bread panko breadcrumbs

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Quinoa Porridge	Edamame Bean Hummus & Multi Seed Crackers	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Arugula Pesto Pasta
Tue	Quinoa Porridge	Edamame Bean Hummus & Multi Seed Crackers	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Quinoa & Kale Eggplant Burgers
Wed	Spiced Tofu Scramble	Quinoa & Kale Eggplant Burgers	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Pulled Seitan with Pineapple Salsa
Thu	Spiced Tofu Scramble	Vegan Lentil Muffins	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Pulled Seitan with Pineapple Salsa
Fri	Vegan Raspberry & Chocolate Pancakes	Vegan Lentil Muffins	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Vegan Pasta Arrabiata
Sat	Vegan Raspberry & Chocolate Pancakes	Broccoli & Chickpea Salad	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Meal Out - Enjoy!
Sun	Orange Protein Shake	Broccoli & Chickpea Salad	E.g. Orange Protein Shake, Edamame Bean Hummus, Multi Seed Crackers, White Bean Spread	Vegan Pasta Arrabiata



Quinoa Porridge

Serves 4

1 cup (170g) quinoa
1 tbsp. chia seeds
2 cups (480ml) almond milk
unsweetened
2 tbsp. maple syrup
2 tbsp. shredded coconut
2 tbsp. goji berries
2 strawberries

What you need to do

Rinse and drain the quinoa then place it into a small pot, add the almond milk and chia seeds. Bring to a boil, then cover the pot with a lid and cook the quinoa for 10 minutes.

Now remove the lid and continue to cook the quinoa for a further 5-10 minutes, stirring, until the quinoa has cooked.

Stir through the maple syrup, divide between 4 bowls, and serve with the shredded coconut and berries.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	241	6	40	8	5

*Nutrition per serve

myfitnesspal



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Spiced Tofu Scramble

Serves 2

8 oz. (225g) firm tofu
4 tbsp. olive oil
1 head cauliflower, florets
roughly chopped
½ red onion, sliced
5 tbsp. tandoori masala spice
blend
salt & pepper
1 cup (70g) kale, chopped
¼ cup (35g) kalamata olives
¼ cup (5g) parsley, chopped

What you need to do

Preheat the oven to 400F (200C). Prepare a baking sheet lined with baking paper.

Wrap the tofu in a kitchen cloth and press it with something heavy on top to remove as much liquid as possible.

In the meantime, add the onion and cauliflower to a large mixing bowl with 2 tablespoons of olive oil, 3 tablespoons of masala spice blend and season with salt and pepper. Toss to combine.

Transfer the vegetables onto the lined baking sheet and place into the hot oven to bake for 20 minutes.

Add the kale to the mixing bowl and toss with another tablespoon of olive oil and masala spice, and season with salt and pepper. Massage with your hands to coat the kale in the oil and spice mixture.

At the 20 minute mark, give the cauliflower and onion a stir and add the kale to one end of the baking sheet. Bake for a further 5 minutes.

In the meantime, preheat a large skillet to medium-high heat.

Place the tofu in a bowl and use a fork to tear it apart. Add the olives, 1 tablespoon of olive oil and masala spice blend, season with salt, and pepper; and add half the parsley.

Once the pan is hot, add the remaining tablespoon of olive oil and cook the tofu for about 5 minutes, or until browned and dry.

To serve, place the vegetable mixture on serving plates and top with tofu scramble. Garnish with the remaining parsley and serve immediately.

Store leftovers in an airtight container, in the refrigerator, for up to 2 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	446	36	20	18	9

*Nutrition per serve

myfitnesspal



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Vegan Tempeh Sandwich

Serves 2

1 tbsp. olive oil
3 oz. (85g) tempeh, sliced
2 tbsp. tamari
2 tbsp. balsamic vinegar
2 tsp. maple syrup
1 avocado
½ lemon, juiced
salt & pepper to taste
4 slices whole wheat bread,
toasted
½ cup (50g) arugula
½ cup (55g) sun dried
tomatoes, drained, chopped

What you need to do

Heat the olive oil in a skillet over a medium-high heat, add the sliced tempeh and sauté. After a couple of minutes add the tamari, balsamic vinegar and maple syrup. Stir and cook for a further 3-4 minutes.

Place the avocado into a bowl with the lemon juice, season with salt and pepper and mash to combine.

Spread the avocado over 2 slices of the toasted bread, top with the arugula, sun dried tomatoes, crispy tempeh slices and close the sandwich with the remaining slices of toasted bread. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	521	31	49	17	10

*Nutrition per serve

myfitnesspal



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Vegan Raspberry & Chocolate Pancakes

Serves 3

Dry ingredients:

1 cup (120g) all purpose flour
1 tbsp. baking powder
¼ tsp. salt

Wet ingredients:

1 tbsp. flaxseed meal
1 tsp. apple cider vinegar
1 tbsp. coconut sugar
2 tbsp. melted coconut oil
2 tsp. vanilla extract
1 cup (240ml) almond milk, unsweetened

Optional:

¾ cup (90g) frozen raspberries
⅓ cup (55g) vegan chocolate chips

For greasing the skillet:

1 tbsp. coconut oil

What you need to do

In a large bowl, mix together the flour, baking powder and salt. Set aside.

In a separate large bowl, mix together the flaxseed meal, apple cider vinegar, coconut sugar, melted coconut oil and vanilla extract. Stir to combine, then slowly whisk in the almond milk.

Fold the dry ingredients into the wet ingredients and mix to form a batter. Stir in the raspberries and chocolate.

Heat some of the coconut oil in a non-stick skillet over a medium heat. Add ⅓ cup of the pancake batter to the skillet for each pancake, and cook for 3-4 minutes until bubbles form along the edges.

Flip the pancakes over and cook for a further 2-3 minutes. Repeat this process with more coconut oil until the remaining batter has been used up.

This recipe makes 6 large pancakes, allowing 2 pancakes per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	473	19	65	6	10

*Nutrition per serve

myfitnesspal



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Broccoli & Chickpea Salad

Serves 4

For the salad:

1 head broccoli, finely chopped
1 cup (110g) shredded carrots
14 oz. (400g) can chickpeas,
rinsed & drained
½ cup (65g) dried cranberries
4 green onions, chopped
¾ cup (15g) cilantro, chopped
½ cup (40g) sliced almonds,
toasted

For the dressing:

4 tbsp. tahini
½ lemon, juiced
3-5 tbsp. warm water, to thin
dressing
1 clove garlic, minced
2 teaspoons maple syrup
1 tsp. curry powder
½ tbsp. freshly grated ginger
½ tsp. ground turmeric
½ tsp. salt
freshly ground black pepper

What you need to do

In a large bowl, add the broccoli, carrots, chickpeas, cranberries, green onions, and cilantro. Stir and set aside.

To make the dressing, add the dressing ingredients into a small bowl and stir to combine.

Drizzle the dressing over the salad and toss to combine. Sprinkle with almonds and toss again.

Serve immediately with a squeeze of fresh lemon juice, or cover and place in the refrigerator for later.

This salad can be stored in an airtight container in the refrigerator for up to 5 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	416	20	50	16	13

*Nutrition per serve

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Edamame Bean Hummus

Serves 2

7 oz. (200g) edamame beans
1 clove garlic
1 tbsp. olive oil
1 tsp. ground cumin
1 tbsp. lemon juice
2 tbsp. tahini
3 mint leaves
salt & pepper

What you need to do

Place the edamame beans into the bowl of the food processor, add the remaining ingredients and blitz until smooth and creamy. Add a little water if necessary, to achieve the desired consistency .

Pour into an airtight container and store in the refrigerator for up to 5 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	273	20	13	15	7

*Nutrition per serve

myfitnesspal



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Vegan Lentil Muffins

Serves 3

1 tbsp. flaxseed meal
4 tbsp. water
½ cup (25g) diced onion
3 cloves garlic, minced
1 celery stalk, diced
1 carrot, diced
3 cups (600g) cooked lentils
1 tbsp. Italian seasoning
2 tbsp. tomato ketchup
1 tbsp. dijon mustard
1 cup (60g) panko
breadcrumbs
salt & pepper, to taste

For the glaze:

4 tbsp. tomato ketchup
1 tsp. balsamic vinegar

What you need to do

Preheat the oven to 350°F (180°C).

Mix the ground flaxseeds and water in a small bowl and set aside.

Sauté the onion in a little water over a medium heat until soft, then add the garlic and cook for 30 seconds. Add the celery and carrot and cook for a couple of minutes until soft.

Transfer the cooked vegetables to a large bowl. Add the cooked lentils, Italian seasoning, tomato ketchup, dijon mustard, panko breadcrumbs, the flaxseed mixture, and season with salt and pepper. Mix until well combined.

Fill 12 silicone muffin cups with the lentil mixture and pat each one down lightly.

To make the glaze, mix the tomato ketchup and balsamic vinegar in a small bowl. Brush each lentil muffin with a little of the glaze and place the muffins into the hot oven to bake for 25-30 minutes.

Remove the muffins from the oven and set aside on a wire rack to cool for 5-10 minutes before serving.

Store leftover muffins in an airtight container in the refrigerator for up to 3 days.

Serving size: 2 muffins per portion.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	348	3	61	21	17

*Nutrition per serve

myfitnesspal



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Arugula Pesto Pasta

Serves 4

2 cups (250g) whole wheat penne
1/3 cup (45g) pine nuts
3 tbsp. olive oil
3 onions, diced
1 cup (100g) arugula
2 handfuls fresh basil leaves
1/3 cup (40g) walnuts
salt & pepper
1 yellow bell pepper, deseeded & diced
1-2 cloves garlic
5 sun dried tomatoes, drained

What you need to do

Cook the pasta according to instructions on the packaging.

Without using any oil, heat up a non-stick skillet over a medium heat. Add the pine nuts and toast them, until they are slightly browned. Set aside in a small bowl.

To make the pesto, add 1 tablespoon of olive oil to the same skillet and sauté 1 onion, until soft. Transfer the onion to the bowl of a food processor and add half of the arugula, almost all of the basil, 3/4 of the roasted pine nuts, walnuts, salt, pepper, and a further 1 tablespoon of olive oil. Blitz together to form a thick paste.

Heat the remaining tablespoon of olive oil in the skillet and sauté the remaining 2 onions and the bell pepper. Cook for 5 minutes over a low heat.

Add the garlic to the skillet and cook for another 1 minute. Drain the pasta and add it to the skillet, along with the pesto and sun dried tomatoes.

Serve immediately topped with the remaining arugula and pine nuts, and garnish with the remaining basil leaves.

GF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	538	29	63	13	11

*Nutrition per serve

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Pea Pulao with Lemon

Serves 4

2 tbsp. olive oil
1 onion, diced
2 tsp. maple syrup
1 tsp. ground turmeric
1 tsp. ground cumin
½ tsp. salt
1 cup (140g) green peas, frozen
2 tbsp. peanuts
⅓ cup (55g) raisins
1½ cup (360ml) vegetable broth
¾ cup (160g) basmati rice

To make the dressing:

1 clove garlic, minced
1 tsp. lemon zest
3 tbsp. lemon juice
2 tbsp. apple cider vinegar
½ tsp. salt
½ tsp. black pepper

What you need to do

Place the olive oil into a pot over a medium heat and sauté the onion for 5 minutes. Add the maple syrup, turmeric, cumin and salt, and mix well.

Now add the peanuts, green peas and raisins and cook for a further 1-2 minutes. Add the vegetable broth and the rice, stir to combine, cover with a lid and simmer gently for 15 minutes until the rice has cooked.

Meanwhile add the garlic, lemon zest, lemon juice and vinegar to a small bowl and mix to combine. Season to taste with salt and pepper.

Pour the dressing over the rice mixture, stir to combine and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	320	9	53	7	4

*Nutrition per serve

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Quinoa & Kale Eggplant Burgers

Serves 8

What you need to do

For the eggplant buns:

2 eggplants, sliced
2 tbsp olive oil

For the burgers:

5 oz. (140g) quinoa
1¼ cups (300ml) vegetable
broth
3.5 oz. (100g) kale, stalks
removed & leaves roughly
chopped
3 tbsp. olive oil
1 onion, diced
2 cloves garlic, finely chopped
½ cup (50g) sun dried
tomatoes in oil, drained
2 tbsp. fresh basil, chopped

To serve:

2 tomatoes, sliced
1 red onion, sliced
handful arugula
4 tbsp. burger sauce of choice

Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with baking paper.

Place the slices of eggplant on the baking sheet, drizzle with the olive oil and bake in the hot oven for 15 minutes.

Place the quinoa and vegetable broth in a pot, bring to the boil, then reduce the heat and simmer for about 15 minutes. Take off the heat and set aside to cool.

Bring a separate pot of water to the boil. Add the kale and simmer for 6 to 8 minutes, then drain well and squeeze out excess water.

Heat 1 tablespoon of the olive oil in a small skillet over a medium heat. Add the onion and cook for 5 minutes, then add the garlic and cook for 1 minute more, until the onion has softened. Place the onion mixture into a large bowl along with the cooked quinoa and kale. Add the sun dried tomatoes and basil and mix well to combine. Using your hands, form the mixture into 8 even-sized burgers.

Heat the remaining 2 tablespoons of olive oil in a non-stick skillet over a medium heat. Working in batches, fry the burgers for 5 minutes on each side, until crisp and golden.

To assemble the burgers, use 2 slices of eggplant as buns, add the sliced tomato, red onion and arugula and top with your favorite burger sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	5 mins	169	5	28	6	7

*Nutrition per serve

myfitnesspal



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Vegan Pasta Arrabiata

Serves 2

5 oz. (140g) whole wheat pasta
1 tbsp. olive oil
1 small eggplant, diced
salt & pepper
1 tsp. paprika
1 medium onion, diced
2 cloves garlic, minced
2 tsp. tomato paste
2 cups (480ml) tomato passata
2 tomatoes, diced
2 tbsp. nutritional yeast
¼ tsp. coconut sugar
1 red chili pepper, chopped
1 tbsp. almonds, toasted,
chopped

What you need to do

Cook the pasta according to instructions on the packaging.

Heat the olive oil in a pot over a medium heat, add the eggplant, and season with salt and paprika. Add in the onion and garlic and continue to cook for 5 minutes, until soft.

Add the tomato paste, tomato passata, fresh tomatoes, nutritional yeast, coconut sugar and chili pepper. Stir to combine and leave to simmer gently for 5 minutes.

Serve the pasta with the sauce, adding more salt and pepper to taste. Garnish with the toasted almonds.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	541	12	95	21	24

*Nutrition per serve

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Pulled Seitan with Pineapple Salsa

Serves 4

1 cup (210g) brown rice
2 tbsp. olive oil
2 onions, sliced
1 garlic clove, finely chopped
8 oz. (225g) Portobello mushrooms, sliced
1 tsp. smoked sweet paprika
1 tsp. dried thyme
½ tsp. ground cumin
½ tsp. ground ginger
½ tsp. allspice
5 oz. (150g) tomato passata
12 oz. (350g) seitan, cut
1 tbsp. apple cider vinegar
4 tsp. coconut sugar
1 avocado, stoned, peeled & mashed
3 tbsp. soy natural yogurt

For the salsa:

5 oz. (150g) fresh pineapple, diced
½ small red onion, finely chopped
1 red chili, deseeded & finely chopped
3 tbsp. fresh cilantro leaves, chopped

What you need to do

Cook rice according to instructions on packaging.

Meanwhile, heat 1 tablespoon of the olive oil in a large skillet over a medium heat. Add the onions and fry for 5 minutes, then add the remaining olive oil, garlic and mushrooms and fry for a further 3 minutes.

Now add in the paprika, thyme, cumin, ginger, allspice, tomato passata, seitan, apple cider vinegar and coconut sugar, and stir to combine. Bring to the boil then cover with a lid and simmer over a low heat for 15 minutes.

Meanwhile, mix the avocado with the yogurt until smooth, then set aside.

Make the salsa by mixing the pineapple, onion, red chili and cilantro together in a bowl.

To serve, spoon the seitan on top of the rice, then add a spoonful of the avocado yogurt and some of the salsa.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25-30 mins	556	19	77	25	10

*Nutrition per serve

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White Bean Spread

Serves 4

1 tbsp. olive oil
1 onion, chopped
1 clove garlic, chopped
14 oz. (400g) can white beans,
drained, rinsed
¼ cup (30g) sun dried
tomatoes, drained & chopped
½ lemon, juiced
2 tbsp. parsley, chopped
2 tbsp. chives, chopped
1 tbsp. water
salt & pepper, to taste
2 tbsp. tomato puree
1 tbsp. vegan Worcestershire
sauce

What you need to do

Heat the olive oil in a pot over a medium-high heat and cook the onion and garlic for 2-3 minutes, until browned.

Transfer into the bowl of a food processor, add the remaining ingredients and blitz until smooth.

Serve the bread spread with bread or crackers.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
8 mins	2 mins	175	5	24	7	8

*Nutrition per serve

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Multi Seed Crackers

Serves 8

3 tbsp. flaxseed meal
6 tbsp. water
1 cup (135g) sunflower seeds
1 cup (120g) pumpkin seeds
2 tbsp. sesame seeds
¼ tsp. black pepper
¾ tsp. fine sea salt
½ tsp. garlic powder
½ tsp. dried rosemary
2 tbsp. nutritional yeast
2 tbsp. rice flour
2 tbsp. olive oil

What you need to do

Place ground flax seeds in a large mixing bowl, stir in the water and set aside.

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

Once the flaxseeds have thickened, add in all the remaining ingredients and stir until well combined.

Place the mixture on the prepared baking sheet and roughly spread out using a spatula, ensuring the mixture is even and as thin as possible. Place another piece of baking paper on top of the mixture and roll it out.

Place the baking sheet into the hot oven and bake for 15 minutes, then take it out of the oven. Using a pizza cutter or a sharp knife, make shallow markings on the mixture to enable you to easily cut it into individual pieces later. Return to the oven for a further 15-20 minutes.

Remove the baking sheet from the oven and place on a wire rack to cool completely before cutting into individual crackers.

Store the crackers in an airtight container on the countertop for up to 5 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	244	20	9	10	4

*Nutrition per serve

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Orange Protein Shake

Serves 1

1 scoop (25g) vegan vanilla protein powder
1 orange
¼ orange peel
1 tbsp. walnuts
2 tbsp. flaxseed meal
1 cup (240ml) water
½ cup (120ml) fresh orange juice
3 ice cubes

What you need to do

Place all the ingredients into a blender and blitz until smooth and creamy. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	332	10	37	26	8

*Nutrition per serve

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