

High Protein Pulse Smoothie

Ingredients	%
Water	80.5
Pea Protein 85	7.8
Sugar	5.6
Sunflower Oil	3.3
Vanilla Extract	2.8
Xanthan gum	0.04

Procedure

- In a pan, mix water, Pea Protein 85, and sugar
- Heat over high heat and stir constantly until mixture reaches 80°C
- Transfer to a blender and add vanilla extract and xanthan gum
- Mix at low speed for 20 s
- Increase blender speed and slowly drizzle in sunflower oil
- Mix at high speed for another 1 min
- Cool the smoothie in refrigerator to 4°C before serving

Nutrition Facts

Serving size (100g)	
Amount per serving	
Calories 90	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fibre 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 2mg	10%
Potassium 14mg	0%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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