



## Exotic smoothie with Actilight® Source of fibre



### Method

Ingredients are blended and homogenised. The juice is pasteurised at 72°C during 15 seconds, then stored in bottles at 4°C. Shelf life of the product is 30 days.

### Recipe

	% by weight
Mashed banana	35
Mashed mango	25
Pineapple and guava juices	15
<b>Actilight® 950S scFOS (liquid at 75%DS)</b>	<b>4</b>
Water	21

#### Actilight®

- » Soluble dietary fibres
- » Short chain fructo-oligosaccharides
- » Prebiotic properties
- » Caloric value: 2 kcal/g

### Nutrition facts

	/100g
Energy (kJ / kcal)	285 / 68
Protein (g)	0.5
Carbohydrate (g) of which - sugars (g)	14.4 12.4
Fat (g)	0.1
Fibre (g) of which prebiotic fibre (g)	3.1 2.8

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