



## Smoothie red fruit with Actilight® Source of fibre



### Method

Ingredients are blended and homogenized. 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 strawberry	40.5
Mashed raspberry	40.5
Apple juice	15
<b>Actilight® 950P scFOS</b>	<b>3</b>
Water	1

#### Actilight®

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

### Nutrition facts

	/100g
Energy (kJ / kcal)	59 / 14
Protein (g)	0.7
Carbohydrate (g) of which - sugars (g)	18.7 16.3
Fat (g)	0.1
Fibre (g) of which prebiotic fibre (g)	3.3 2.8

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