

# TANGERINE SMOOTHIE



Low fat diet



Dessert



Consumer Eroski

Recipe also suitable for low protein diets.  
This recipe is originally from Consumer EROSKI and has been adapted by Hospital San Juan de Déu.

## METHOD

- Wash and quarter the apples, removing the seeds.
- Peel, slice and liquidize the lemon.
- Reserve a few pieces of apple and tangerine for decoration. Put the rest of the fruit in the liquidizer.
- Serve right away in individual glasses, decorated with skewers made from the reserved apple and tangerine pieces.

## NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 1.7 g (Kcal 3.7%)
- Lipids total (g): 0.8 g (Kcal 3.8 %)
- Carbohydrates (g) 50 g (Kcal 93 %)
- Energy (Kcal): 191
- Polyunsaturates (g): 0.22
- Tryptophane (mg): 4.5
- Leucine (mg): 60.5
- Lysine (mg) 62
- Methionine (mg): 4.5
- Phenylalanine (mg): 33

## INGREDIENTS

### RECIPE FOR 4 PEOPLE

- 1 kg apples
- 400g tangerines
- 1 lemon

## Translation

American School of Barcelona



Passeig Sant Joan de Déu, 2  
08950 Esplugues de Llobregat  
Barcelona, España  
Tel: 34 93 203 39 59

[www.hsjdbcn.org](http://www.hsjdbcn.org) / [www.guiametabolica.org](http://www.guiametabolica.org)

© Hospital Sant Joan de Déu. All right reserved