

	SERIOUS SMOOTHIES	Revision No: 1.4
	Product Specification Energise	Issue Date: 27/08/2020
		Internal Product Code: 8002

Product Description	Reboot: A frozen smoothie mix containing a mix of IQF fruits.
Supplier	Seriously Healthy Limited
Process	IQF fruit packed into a clear pillow pouch 180g which is then placed into a printed shipper carton with 12 units per shipper.
Best Before	2 Years from production date
Ingredients	Strawberries, Apple, Pineapple, Dates
Packaging Format	12 x 180g pouches packed into a printed 2.16kg carton.
Storage	Product must be kept frozen at -18°C until use
Transport / Shipping	Product will be shipped frozen at -18°C.
Other	Product frozen at -18°C. Product is non-pasteurised.

1. The specification above is based on a typical sample and the specification should be viewed as a guideline only.
2. Some variation in colour for a natural product is normal.
3. Variation in viscosity is normal for a natural product and fruit held across a season for processing.



Nutritional Information

Servings per pack: 1								
Serving Size: 180g satchet plus 250mL water, coconut water or diluted apple juice								
	Avg qty per 180g serving	Avg qty per per 100g	*Avg qty per 180g serving with 250mL water	Avg Qty per 100mL	*Avg qty per 180g serving with 250mL coconut water	Avg Qty per 100mL	*Avg qty per 180g serving with 125mL water, 125mL apple juice	Avg Qty per 100mL
Energy	343kJ	190kJ	343kJ	76kJ	560kJ	125kJ	502kJ	111kJ
Protein	0.8g	0.5g	0.8g	0.2g	2.1g	0.5g	1.1g	0.2g
Fat, total	0.3g	0.2g	0.3g	0.1g	0.5g	0.1g	0.3g	0.1g
Fat, saturated	0.1g	0.0g	0.1g	0.0g	0.3g	0.1g	0.1g	0.0g
Carbohydrate, total	23.2g	12.9g	23.2g	5.2g	35.0g	7.8g	32.5g	7.2g
Sugars	22.9g	12.7g	22.9g	5.1g	34.6g	7.7g	32.1g	7.1g
Dietary Fibre	9.1g	5.0g	9.1g	2.0g	9.1g	2.0g	9.3g	2.1g
Sodium	41mg	23mg	41mg	9mg	83mg	19mg	48mg	11mg

* makes 450mL fruit smoothie where made up as directed

INGREDIENTS: Strawberries (39%), pineapple (28%), apple (30%) ,dates (3%).