



# Smoothies & Milkshakes



## Smoothies

'A nudge towards your 5-a-day'

## Milkshakes

Made with real fruit & ice cream

£



£



[www.nugedinks.co.uk](http://www.nugedinks.co.uk)

/nugedinks @nugedinks /nugedinks

- ✓ Up to 2 of your 5 a day\*
- ✓ Gluten free
- ✓ Suitable for vegetarians
- ✓ High source of fibre
- ✓ Key vitamins and minerals

\*selected flavours

- ✓ Source of protein
- ✓ Source of calcium
- ✓ Gluten free
- ✓ Suitable for vegetarians

For full nutritional information and for all further details please visit [www.nugedinks.co.uk](http://www.nugedinks.co.uk) or email [hi@nugedinks.co.uk](mailto:hi@nugedinks.co.uk)