

WORKOUT REFRESHER

Ingredients : Apple granny smith , Celery [CELERY] , Cucumbers ,  
Lemons

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	525	154
Energy (KCal)	125	37
Fat (g)	2	1
of which Saturates (g)	0	0
Carbohydrate (g)	30	9
of which Sugars (g)	30	9
Protein (g)	1.90	0.56
Salt (g)	1.58	0.47
Fibre (g)	5.06	1.49

Total Weight : 340 g<sup>e</sup>