

FLORA
ProActiv

**CHOLESTEROL
LOWERING**

RECIPE BOOK



Introduction

Welcome to our Flora ProActiv cholesterol lowering recipe book. These delicious recipes have been carefully designed to give you some inspiration in the kitchen and help you include plant sterols in your diet to support you on your cholesterol lowering journey.

Plant sterols are found naturally in foods from vegetable sources, like vegetable oils, nuts, seeds, grains, fruits and vegetables. However, these are found in minute quantities and you would need to eat a substantial amount of these foods to get the required amount of plant sterols to help lower cholesterol.

Flora ProActiv contains plant sterols. A daily intake of 1.5–2.4g sterols can lower cholesterol by 7–10% in 2–3 weeks as part of a healthy diet and lifestyle, including plenty of fruit and vegetables.¹



So how much is a serving?

1 SERVING-A-DAY

Mini drinks

One portion is one drink

With these, you only need one portion a day with your meal. These come in three flavours: Original, Strawberry and Pomegranate & Raspberry. Try pouring it over a bowl of fruit for dessert or drinking it with your lunch.

3 SERVINGS-A-DAY

Spreads

One portion is 10g (two tsps)

Three portions a day are all you need to get the recommended amount of plant sterols. Try it on a sandwich, with mashed potato or stirred into hot vegetables after cooking.

Milk²

One portion is 250ml (one glass)

This can be used in your cereal, tea or coffee. You can try a combination of milk and spreads, as long as you have three portions a day.³

1. Flora ProActiv contains plant sterols. Plant sterols have been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Consuming 1.5–2.4g of plant sterols per day can lower cholesterol by 7–10% in 2–3 weeks when consumed as part of a healthy diet and lifestyle with sufficient fruit and vegetables. As coronary heart disease has multiple risk factors, you may need to improve more than one to reduce your overall risk.

2. Flora ProActiv milk is not available in ROI. 3. It is not recommended to consume more than 3g plant sterols per day.

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Overnight oats

 Prep time:
5 minutes

 Cooking time:
N/A

 Servings:
1

This is such a simple recipe for a tasty breakfast that takes a matter of minutes to prepare the night before. The fresh and dried fruit provide 1 of your 5 a day each, so you have two ticked off with breakfast!

Ingredients

- 125g Flora ProActiv Skimmed Milk
- 15g walnuts finely chopped
- 15g mixed seeds such as pumpkin, sunflower and linseed
- 40g oats
- 30g dried fruits such as raisins or apricots
- ¼ teaspoon cinnamon
- 80g fresh fruit such as strawberries

Method

1. Combine all ingredients in a bowl except for the fresh fruit.
2. Cover and place in the fridge overnight.
3. In the morning remove the oats from the fridge and add fresh fruit of your choice.
4. Loosen with a bit of extra milk or low-fat plain yoghurt if desired and enjoy.



	Per Serving	% RI*
Energy	2303kJ/ 551kcal	28%
Fat	24.8g	35%
Of which saturates	3.0g	15%
Carbohydrates	59.2g	
Of which sugars	31.8g	35%
Fibre	10.4g	
Protein	17.4g	
Salt	0.20g	3%

0.5 portions Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Oatmeal pancakes with banana



Prep time:
5 minutes



Cooking time:
30 minutes



Servings:
2

Do you also love pancakes? The use of oats and bananas in this recipe add a delicious twist and these pancakes are a fantastic weekend breakfast treat providing one of your 5 a day.

Ingredients

75g oats
100ml semi-skimmed milk
1 egg
2 bananas
A couple of walnuts per person
15g Flora Buttery, melted
20g Flora ProActiv Light

Method

1. Mix the oats, the milk, the egg and 1 banana into a smooth batter with a hand blender.
2. Heat the Flora Buttery in a pan and make about 3 small, thick pancakes. Bake them on both sides for about 3 minutes. Repeat until you run out of batter.
3. Brush each pancake with some Flora ProActiv Light.
4. Slice the remaining banana and chop the walnuts.
5. Make 2 equal towers of the pancakes and finish the top pancake with banana and walnuts. Serve.




	Per Serving	% RI*
Energy	2017kJ/483kcal	24%
Fat	25.6g	37%
Of which saturates	5.1g	26%
Carbohydrates	47.3g	
Of which sugars	20.0g	22%
Fibre	5.0g	
Protein	13.3g	
Salt	0.37g	6%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Omelette with tomatoes and mushrooms

 Prep time:
5 minutes

 Cooking time:
5 minutes

 Servings:
2

If you are looking for a quick meal, then this speedy omelette is exactly what you need! It is ready in just 10 minutes, is packed with vegetables and provides a source of protein.

Ingredients

4 eggs
6 mushrooms
100g cherry tomatoes
1 red onion
1 sprig of fresh thyme
4 slices of wholemeal bread
3 tbsp semi-skimmed milk
2 tbsp vegetable oil
20g Flora ProActiv Light
Ground black pepper

Method

1. Beat the eggs with the milk and a little pepper. Wash the mushrooms and cherry tomatoes, and cut them into thin slices along with the onion.
2. Heat half of the vegetable oil in 2 medium frying pans. Divide the egg mixture between both pans. Reduce the heat, cover the pans with a lid and let the egg set for 3 to 4 minutes.
3. Heat the rest of the oil in a wok and stir fry the tomatoes, onion and mushrooms for about 3 minutes. Season with pepper.
4. Meanwhile, toast the slices of bread.
5. Cover one half of the omelettes with the vegetables, sprinkle with some fresh thyme and fold them shut. Slide the omelettes on the plates and serve with the toast and Flora ProActiv Light.




	Per Serving	% RI*
Energy	2038kJ/488kcal	25%
Fat	27.1g	39%
Of which saturates	5.0g	25%
Carbohydrates	33.9g	
Of which sugars	8.9g	10%
Fibre	7.0g	
Protein	23.8g	
Salt	1.21g	20%


1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Delicious homemade granola

 Prep time:
10 minutes

 Cooking time:
30 minutes

 Servings:
8

This fruity, crunchy homemade granola is perfect for a quick and tasty breakfast! This recipe can be varied to your taste. For example, replace the pumpkin seeds, pecans and apricots with your favourite combination of nuts and fruit.

Ingredients

2 tbsp vegetable oil
120ml of honey
300g oats
1 tsp cinnamon
60g walnuts, unsalted and roughly chopped
60g pecans, unsalted and roughly chopped
25g pumpkin seeds
50g dried apricots, finely chopped
Flora ProActiv Skimmed Milk to serve

Method

1. First things first: preheat the oven to 160°C/140°C Fan/Gas mark 3. Line a baking tray with parchment paper.
2. Mix the honey, the oil and the cinnamon together. We've chosen cinnamon here, but allspice is also an excellent option if you want to add a touch of warmth.
3. Add all dry ingredients little by little, except the fruit. Pour the mixture onto the baking tray and spread evenly with a wooden spoon.
4. Bake for about 30 minutes, stirring occasionally so that everything is evenly baked and no lumps form. Remove the baking tray from the oven when the granola is golden brown. Allow to cool.
5. Finally, sprinkle the dried apricots into the mix and admire your homemade granola. Serve with 250ml Flora ProActiv Skimmed Milk per portion.




	Per Serving	% RI*
Energy	1885kJ/449kcal	22%
Fat	18.2g	26%
Of which saturates	2.1g	11%
Carbohydrates	52.8g	
Of which sugars	27.1g	30%
Fibre	4.8g	
Protein	16.3g	
Salt	0.29g	5%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Bread with figs and orange

 Prep time:
5 minutes

 Cooking time:
N/A

 Servings:
2

This unusual open sandwich is a riot of flavours and makes a fantastic breakfast or light lunch. It has the added benefit of being low in saturated fat.

Ingredients

- 6 dried figs
- 1 orange
- 2 slices of wholemeal bread
- 1 handful of lamb's lettuce
- 20g Flora ProActiv Light

Method


1. Cut the dried figs into pieces (remove the hard stems if necessary).
2. Grate a little of the orange peel.
3. Peel the orange and cut it into slices.
4. Spread the bread with the Flora ProActiv Light.
5. Top with lamb's lettuce, slices of orange and the figs. Then sprinkle the orange zest over the top.



	Per Serving	% RI*
Energy	1137kJ/270kcal	14%
Fat	5.3g	8%
Of which saturates	1.0g	5%
Carbohydrates	45.5g	
Of which sugars	34.3g	38%
Fibre	8.9g	
Protein	5.7g	
Salt	0.50g	8%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Chicken and pesto open sandwich

 Prep time:
10 minutes

 Cooking time:
N/A

 Servings:
2

This chicken and pesto open sandwich is perfect for a light tasty meal. Fresh flavours from the pesto really bring this dish together.

Ingredients

- 25g Flora ProActiv Buttery
- 1 small clove garlic
- 2 handfuls fresh basil
- 25g Parmesan
- 2 large slices of bread (e.g. rye, granary)
- 100g chicken breast fillet cooked and sliced
- Handful salad (e.g. lettuce, cucumber, sliced peppers)

Method

1. Place the Flora ProActiv Buttery, garlic and basil in a food processor and blend until smooth.
2. Add the Parmesan and mix in.
3. Spread the pesto over the bread, followed by lettuce leaves. Top with the chicken and more salad.



	Per Serving	% RI*
Energy	1462kJ/349kcal	17%
Fat	15.1g	22%
Of which saturates	5.0g	25%
Carbohydrates	23.9g	
Of which sugars	2.9g	3%
Fibre	4.8g	
Protein	26.9g	
Salt	0.96g	16%

1.25 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult (8400kJ/2000kcal).

Baked potato with vegetarian chilli topping



Prep time:
15 minutes



Cooking time:
60 minutes



Servings:
2

This recipe contains plenty of vegetables, and pulses which provide plant-based protein and contain soluble fibre. Why not double the quantities and serve with wholegrain rice the next day?

Ingredients

- | | |
|---|---------------------------------------|
| 2 baking potatoes | 1 yellow pepper, chopped |
| 1 tbsp olive oil | 1 courgette, sliced |
| 1 small onion, finely chopped | 1 tin chopped tomatoes |
| 2 garlic cloves, crushed | ½ can of chickpeas, drained (120g) |
| 1 tsp tomato puree | ½ can of kidney beans, drained (120g) |
| ½ tsp chilli flakes (or more if you like it hot!) | Ground black pepper |
| ½ tsp paprika | Mixed herbs |
| ¼ tsp cumin seeds | 20g Flora ProActiv Light |

Method

1. Bake 2 potatoes in the oven in the usual way (or start them off in the microwave to speed up the cooking process).
2. Twenty minutes before the potatoes will be ready, heat the olive oil in a large pan. Add the onion, garlic, chilli flakes, paprika and cumin and fry for a couple of minutes.
3. Add the pepper and courgette, fry for 3 minutes until they start to soften.
4. Add the chickpeas, kidney beans, chopped tomatoes and tomato puree, some freshly ground black pepper and mixed herbs.
5. Simmer gently for 15 minutes or until the chilli thickens to your taste.
6. Take the baked potatoes from the oven and top each with 10g Flora ProActiv Light.
7. Top with the chilli and serve.




	Per Serving	% RI*
Energy	2223kJ/529kcal	26%
Fat	12.9g	18%
Of which saturates	2.3g	12%
Carbohydrates	73.4g	
Of which sugars	18.4g	20%
Fibre	19.5g	
Protein	20.1g	
Salt	0.22g	4%


1 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Bruschetta

 Prep time:
5 minutes

 Cooking time:
15 minutes

 Servings:
2

This easy to prepare and delicious Italian appetiser is equally suited to being served as a light lunch. This open sandwich is a delight any time of year.

Ingredients

- 4 slices Italian bread (e.g. ciabatta loaves)
- 1 clove garlic
- 25g Flora ProActiv Buttery
- 2 beefsteak tomatoes finely chopped
- 1 large shallot finely chopped
- Twist ground black pepper
- A handful of torn basil

Method


1. Cut the garlic clove in half and rub the cut surface over both sides of the bread. Toast both sides of the bread.
2. Spread the Flora ProActiv Buttery over the bread and top with the tomatoes, shallot, seasoning and torn basil leaves.



	Per Serving	% RI*
Energy	1420kJ/338kcal	17%
Fat	12.1g	17%
Of which saturates	2.5g	13%
Carbohydrates	44.8g	
Of which sugars	7.3g	8%
Fibre	4.6g	
Protein	10.3g	
Salt	0.84g	14%

1.25 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult (8400kJ/2000kcal).

Falafel with aubergine dip

 Prep time:
25 minutes

 Cooking time:
25 minutes

 Servings:
4

Middle Eastern meals are well known for their delicious flavours. This falafel with aubergine dip is a great light meal or starter.

Ingredients

Dip

1 aubergine
2 tbsp olive oil
1 red pepper
2 cloves garlic crushed
40g Flora ProActiv Buttery
Pinch paprika
½ tsp ground cumin
2 tbsp fresh parsley chopped
Pitta bread to serve

Falafel

1 can of chickpeas, drained (240g)
1 small onion finely chopped
1 clove garlic crushed
1 tsp ground cumin
1 tsp ground coriander
1 tbsp dried mixed herbs
1 tbsp flour
1 tbsp olive oil

Method

1. Preheat oven to 200°C/180°C Fan/Gas mark 6.
2. For the aubergine dip, cut the aubergine in half lengthways, place on baking sheet and brush with oil. Roast in oven for 25 to 30 minutes.
3. Grill the pepper until skin has blackened. Cool and then peel off skin. Remove seeds and finely chop flesh. Place in a bowl with garlic, Flora ProActiv Buttery, spices and herbs.
4. Spoon out aubergine flesh, chop finely and add to bowl. Mix well and season to taste.
5. For the falafel, place all ingredients except for oil in a food processor and blend until smooth or the texture you prefer. Form the mix into small balls and flatten slightly.
6. Brush with the oil and bake in oven for 15 to 20 minutes.
7. Serve both the aubergine and falafel with salad, in pitta breads or with crudités. Both can be kept in the fridge for 2 to 3 days.




	Per Serving	% RI*
Energy	2238kJ/533kcal	27%
Fat	19.3g	28%
Of which saturates	3.3g	17%
Carbohydrates	69.0g	
Of which sugars	7.1g	8%
Fibre	8.9g	
Protein	16.4g	
Salt	1.13g	19%


1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Nectarine and pear salad with stilton

 Prep time:
10 minutes

 Cooking time:
N/A

 Servings:
2

This nectarine and pear salad is a taste sensation with sublime flavours punctuated with sweet notes. Impress your dinner guests with this creative and delicious salad.

Ingredients

Salad

- 2 nectarines sliced
- 1 medium pear sliced
- 15g walnuts roughly chopped and toasted
- 35g rocket
- 40g stilton crumbled

Dressing

- 1 tsp olive oil
- 2 tsp white wine vinegar
- ½ tsp Dijon mustard
- Pinch of salt and ground black pepper

Croutons

- 2 slices toasted wholemeal bread
- 2 tsp fresh basil chopped
- 30g Flora ProActiv Light

Method

1. Toss the salad ingredients together in a large bowl.
2. Mix the oil, vinegar and mustard together. Season lightly. Add to the salad and mix well together.
3. Spread bread with Flora ProActiv Light mixed with basil and a little seasoning. Cut into croutons and serve with the salad.



	Per Serving	% RI*
Energy	1658kJ/397kcal	20%
Fat	20.3g	29%
Of which saturates	6.8g	34%
Carbohydrates	36.5g	
Of which sugars	22.1g	25%
Fibre	7.8g	
Protein	13.1g	
Salt	1.59g	27%

1.5 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Quinoa salad with garlic bread



Prep time:
15 minutes



Cooking time:
15 minutes



Servings:
2

Quinoa is both delicious and versatile. This quick recipe is a vegetarian winner bursting with flavour.

Ingredients

100g quinoa
30g flaked almonds
60g dried apricots finely chopped
100g pomegranate seeds
½ can of chickpeas, drained (120g)
½ orange juiced and zested
½ tsp white wine vinegar
Twist ground black pepper
20g Flora ProActiv Buttery
1 clove garlic crushed
2 thick slices crusty wholemeal bread
Fresh coriander or thyme to garnish

Method

1. Cook the quinoa as per packet instructions, and set aside to cool.
2. Mix the quinoa, flaked almonds, apricots, pomegranate seeds, chickpeas and black pepper in a large bowl.
3. Stir the orange juice and zest, vinegar and black pepper through the salad mixture.
4. Rub two slices of bread with garlic. Toast until brown, then spread each slice with half of the Flora ProActiv Buttery.
5. Serve the salad with the garlic bread and enjoy!




	Per Serving	% RI*
Energy	2666kJ/635kcal	32%
Fat	21.3g	30%
Of which saturates	3.0g	15%
Carbohydrates	79.8g	
Of which sugars	25.0g	28%
Fibre	15.5g	
Protein	23.3g	
Salt	0.84g	14%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Stuffed aubergines

 Prep time:
25 minutes

 Cooking time:
40 minutes

 Servings:
4

A Mediterranean staple, aubergines are as versatile as they are tasty. This stuffed aubergine recipe is a wonderful plant-based meal infused with exotic flavours.

Ingredients

- 2 aubergines
- 1 red pepper cut into chunks
- 1 tbsp and 1 tsp olive oil
- 1 onion
- 2 cloves garlic crushed
- 400g canned chopped tomatoes
- 2 tbsp fresh coriander chopped
- Ground black pepper
- 40g toasted pine nuts
- 100g cooked brown rice
- 30g Flora ProActiv Buttery

Method


1. Halve the aubergines lengthways and scoop out most of the flesh leaving a 1cm shell. Arrange on an oiled baking sheet with the pepper and sprinkle with 1 teaspoon of oil.
2. Roast in preheated oven to 180°C/160°C Fan/Gas mark 4 for 30 minutes.
3. Heat remaining oil and sauté onion and garlic until soft, then add the tomatoes. Season with pepper and simmer until reduced by half.
4. Chop aubergine flesh and add to sauce with coriander and pine nuts and cook for a further 10 minutes.
5. Take off the heat. Mix with the cooked rice and roasted peppers and Flora ProActiv Buttery.
6. Stuff into aubergine shells and serve.



	Per Serving	% RI*
Energy	1096kJ/264kcal	13%
Fat	16.7g	24%
Of which saturates	2.4g	12%
Carbohydrates	18.8g	
Of which sugars	10.8g	12%
Fibre	7.2g	
Protein	5.9g	
Salt	0.1g	2%

0.75 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Chilli crab spaghetti

 Prep time:
15 minutes

 Cooking time:
10 minutes

 Servings:
2

A seafood pasta with rich oceanic flavours, crab spaghetti is a favourite of food lovers the world over. Simple to make and delicious to eat.

Ingredients

- 250g wholewheat spaghetti pasta
- 1 tbsp olive oil
- 1 small clove of garlic finely chopped
- 1 small red chilli deseeded and finely chopped
- 30g Flora ProActiv Light
- Zest and juice of half a lemon
- Small handful of fresh parsley roughly chopped
- 150g crabmeat

Method


1. Cook the spaghetti according to pack directions.
2. Meanwhile, heat the oil and gently sauté the garlic and chilli until soft.
3. Drain the pasta when cooked and toss together with the garlic-chilli mix, Flora ProActiv Light, lemon and parsley.
4. Place in serving bowls and top with the crabmeat.



	Per Serving	% RI*
Energy	2699kJ/642kcal	32%
Fat	17.1g	24%
Of which saturates	3.0g	15%
Carbohydrates	82.3g	
Of which sugars	5.4g	6%
Fibre	15.3g	
Protein	32.1g	
Salt	0.8g	13%

1.5 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult (8400kJ/2000kcal).

Iced blueberry, banana and strawberry smoothie

 Prep time:
5 minutes

 Cooking time:
N/A

 Servings:
1

Frozen fruit really is fantastic – it is tasty, good value, great for ensuring no food waste and can contribute to your five a day.

Ingredients

- 1 Flora ProActiv Strawberry Mini Drink
- 80g frozen blueberries
- 1 banana

Method

1. Simply add all ingredients into a blender. Blitz until combined and enjoy.

For best results


Flora ProActiv mini drinks should be consumed with a meal, therefore this makes a great accompaniment to lunch.




	Per Serving	% RI*
Energy	791kJ/ 187kcal	9%
Fat	1.8g	3%
Of which saturates	0.3g	2%
Carbohydrates	36.2g	
Of which sugars	31.4g	35%
Fibre	3.6g	
Protein	4.7g	
Salt	0.11g	2%

1 Flora ProActiv Mini Drink per serving.
*% of Reference Intake (RI) of an average adult (8400kJ/2000kcal).

Spicy green olive tapenade

 Prep time:
10 minutes

 Cooking time:
N/A

 Servings:
4

This homemade tapenade tastes so much better than shop-bought. It is ready in no time and is delicious as a dip with raw vegetables or as a topping on wholemeal toast.

Ingredients

- 2 cloves of garlic
- 1 green or red pepper
- 200g pitted olives
- 80g Flora ProActiv Light
- Tabasco

Method


1. Peel the garlic cloves and chop finely.
2. Halve the pepper, remove the seeds and cut into strips.
3. Place the garlic, pepper and olives in the blender and chop finely.
4. Add the Flora ProActiv Light and mix everything to a smooth tapenade.
5. Season the tapenade with a few drops of tabasco and black pepper.
6. Serve your tapenade as a dip with your favourite appetisers.



	Per Serving	% RI*
Energy	541kJ/131kcal	7%
Fat	12.6g	18%
Of which saturates	2.5g	13%
Carbohydrates	2.0g	
Of which sugars	1.8g	2%
Fibre	2.9g	
Protein	1.0g	
Salt	2.00g	33%

2 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Aubergine rolls with parmesan cheese and pine nuts

 Prep time:
15 minutes

 Cooking time:
20 minutes

 Servings:
4

These savoury Italian aubergine rolls are great party food or as a tasty starter. And they can be ready in no time!

Ingredients

- 1 aubergine
- 1 tbsp pine nuts
- 1 tsp olive oil
- 50g Flora ProActiv Light
- ½ tbsp chopped fresh rosemary or thyme
- 2 tbsp freshly grated Parmesan cheese

Method

1. Slice the aubergine lengthways and halve it lengthways again. Sprinkle the slices with a little salt and leave them for about 15 minutes.
2. Rinse the slices off with cold water and pat dry well. Grill them with the olive oil in a griddle pan or under a hot grill until nicely brown. Coarsely chop the pine nuts and toast them in a dry pan until golden brown.
3. In a bowl, stir the Flora ProActiv Light and mix in the pine nuts, Parmesan cheese and herbs. Add black pepper to taste.
4. Brush the aubergine slices with the mixture and roll them up.




	Per Serving	% RI*
Energy	561kJ/136kcal	7%
Fat	11.8g	17%
Of which saturates	2.7g	14%
Carbohydrates	2.5g	
Of which sugars	2.2g	2%
Fibre	2.9g	
Protein	3.4g	
Salt	0.46g	8%

1.25 portions Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

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Buttermilk scones with orange and cinnamon spread

 Prep time:
10 minutes

 Cooking time:
15 minutes

 Servings:
10

These light and fluffy scones have a delicious zesty cinnamon flavour, and the topping provides one of your three daily Flora ProActiv servings.

Ingredients

Scone

- 55g Flora Buttery
- 75g self-raising flour
- 55g oat bran
- 1 tsp baking powder
- 25g caster sugar
- 7 tbsp buttermilk

Spread

- 100g Flora ProActiv Buttery
- 100g golden caster sugar
- 1 orange zested
- 1 tsp ground cinnamon

Method


1. Preheat oven to 220°C/200°C Fan/Gas mark 7. Grease a baking sheet.
2. Place all scone ingredients together in a mixing bowl and mix with a wooden spoon to form a soft dough.
3. Turn onto a lightly-floured surface. Knead lightly.
4. Roll out to 1.25cm thick. Cut into rounds with a plain 6.25cm floured cutter.
5. Lightly knead trimmings together, roll and cut into rounds as before.
6. Place on baking sheet and bake in oven for 12 to 15 minutes.
7. Meanwhile mix the spread ingredients together. Chill for at least 20 minutes. Serve with the scones.



	Per Serving	% RI*
Energy	857kJ/ 205kcal	10%
Fat	12.1g	17%
Of which saturates	2.9g	15%
Carbohydrates	21.5g	
Of which sugars	13.2g	15%
Fibre	1.3g	
Protein	2.0g	
Salt	0.37g	6%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

Roasted red onion houmous

 Prep time:
10 minutes

 Cooking time:
N/A

 Servings:
4

Perfect for parties and salads: a tasty dip or spread, our roasted red onion houmous recipe is a delicious addition to your snacks and lunch repertoire and a great way to consume more pulses.

Ingredients

1 large onion cut into quarters
1 tsp olive oil
Pinch sugar
40g Flora ProActiv Light
1 can of chickpeas, drained (240g)
1 large clove garlic crushed
1 tbsp lemon juice
½ tbsp ground cumin
½ tbsp ground coriander
2 tbsp low-fat natural yogurt
Ground black pepper

Method

1. Place the onion on a baking sheet, drizzle with oil and sprinkle with sugar. Bake in preheated oven 200°C/180°C fan/Gas mark 6 for 20 minutes or until cooked.
2. Place all the ingredients in a food processor and blend to a rough purée. Season to taste and turn into a bowl. Cover and chill for at least 1 hour to give the flavours a chance to develop.
3. Serve as a dip.




	Per Serving	% RI*
Energy	674kJ/161kcal	8%
Fat	6.8g	10%
Of which saturates	1.3g	7%
Carbohydrates	16.4g	
Of which sugars	5.9g	7%
Fibre	4.5g	
Protein	6.4g	
Salt	0.2g	3%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Mackerel and Moroccan spices

 Prep time:
15 minutes

 Cooking time:
15 minutes

 Servings:
2

A Moroccan fish dish with exciting exotic flavours. This mackerel and spice infusion is a winner at dinner parties and family meals alike.

Ingredients

2 mackerel fillets	1 tsp ground cumin
2 tsp olive oil	25ml orange juice
Pinch of ground turmeric	100ml tomato juice
¼ tsp cayenne pepper	200g medium egg noodles
A few thyme sprigs	20g Flora ProActiv Buttery
½ shallot chopped	1 tsp orange zest
1 clove garlic chopped	Fresh coriander or thyme to garnish

Method

1. First marinate the mackerel. Place in a shallow ovenproof dish and drizzle with a little olive oil, then sprinkle with turmeric and cayenne pepper, rubbing over the fish. Sprinkle over the thyme sprigs and set aside for 30 minutes.
2. Preheat a frying pan. Add the olive oil and fry the shallot, garlic and ground cumin over a medium heat to soften but not brown.
3. Pour in the orange juice and bring to the boil, reducing by around half. Then add the tomato juice and cook for 1 to 2 minutes.
4. Pour the sauce over the marinated fish and place in a preheated oven (180°C/160°C Fan/Gas mark 4) for 15 to 20 minutes until the fish is cooked through.
5. Cook the noodles according to pack instructions, drain and toss with the Flora ProActiv Buttery and orange zest. Serve with fish and garnish with fresh herbs.




	Per Serving	% RI*
Energy	2749kJ/655kcal	33%
Fat	25.2g	36%
Of which saturates	5.1g	26%
Carbohydrates	73.0g	
Of which sugars	4.5g	5%
Fibre	6.8g	
Protein	30.7g	
Salt	1.99g	33%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Pearl barley risotto

 Prep time:
5 minutes

 Cooking time:
60 minutes

 Servings:
2

This fabulous risotto uses pearl barley which gives a different taste and adds a lovely nutty flavour. This recipe provides 2.5 portions of fruit and vegetables per person and is low in fat and saturated fat.

Ingredients

1 tbsp olive oil	1200ml boiling water
1 onion, finely chopped	½ tsp mixed herbs
1 courgette, chopped	Ground black pepper
80g frozen peas	20g Flora ProActiv Light
160g spinach	
150g pearl barley	
1 reduced salt vegetable stock cube, crumbled	

Method

1. Heat olive oil in a large pan.
2. Gently fry onion and courgette.
3. When soft, add the pearl barley and fry for 1 minute.
4. Add 200ml boiling water and the crumbled stock cube and stir well.
5. Season with black pepper and mixed herbs.
6. As the water becomes absorbed, add more in small amounts, continually stirring, until the pearl barley becomes soft (approximately 50 minutes).
7. About 10 minutes before the end of the cooking time, add the frozen peas.
8. When the pearl barley is almost soft but is slightly firm to the bite, add the spinach to wilt into the risotto.
9. When wilted, remove the risotto from the heat. Melt the Flora ProActiv Light into the risotto and serve.




	Per Serving	% RI*
Energy	2018kJ/479kcal	24%
Fat	12.5g	17%
Of which saturates	2.6g	13%
Carbohydrates	74.1g	
Of which sugars	9.7g	11%
Fibre	6.6g	
Protein	14.4g	
Salt	1.61	27%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Posh fish and chips

 Prep time:
25 minutes

 Cooking time:
40 minutes

 Servings:
4

This posh fish and chips recipe is a new take on the ageless classic. Simple and delicious.

Ingredients

450g sweet potatoes peeled and cut into wedges	1 tbsp plain flour
2 tbsp vegetable oil	1 medium egg beaten
4 fish fillets (cod or plaice approximately 175g each)	225g frozen peas
85g stale sliced bread	30g Flora ProActiv Buttery
4 tbsp fresh parsley chopped	1 tbsp capers chopped
1 lemon zested	1 tbsp mint chopped
	2 tbsp low-fat natural yogurt

Method

1. Preheat oven to 200°C/180°C Fan/Gas mark 6.
2. Toss the chips in half the oil and spread evenly over a baking sheet. Bake in the oven for 40 minutes.
3. Meanwhile prepare the fish by placing the bread, half the parsley and lemon zest in a food processor and blitz until like rough breadcrumbs.
4. Stir through a tablespoon of oil.
5. Place flour, egg, and crumbs on separate plates and dunk each fillet in flour, then egg, finishing with the crumbs. Place on a non-stick baking sheet and bake for the last 12 minutes of chips' cooking time.
6. While the fish is cooking, cook the peas in boiling water for 4 minutes, drain and mash with the Flora ProActiv Buttery, capers (if used), mint and remaining parsley and lemon zest.
7. Add the yogurt to achieve a soft consistency and serve with the fish and chips.



	Per Serving	% RI*
Energy	2020kJ/481kcal	24%
Fat	14.5g	21%
Of which saturates	2.6g	13%
Carbohydrates	43.5g	
Of which sugars	11.4g	13%
Fibre	7.6g	
Protein	40.3g	
Salt	1.09g	18%

0.75 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Chicken curry



Prep time:
15 minutes



Cooking time:
15 minutes



Servings:
4

A family favourite, our chicken curry is a filling dinner bursting with flavours of the east.

Ingredients

- | | |
|---|--|
| 1 tbsp olive oil | 4 chicken breast fillet cut into chunks |
| 1 onion sliced | 225g basmati rice |
| 1 clove garlic finely chopped | 1 can of chickpeas, drained (240g) |
| 2.5cm fresh root ginger peeled and grated | 100g spinach |
| 1 tsp ground turmeric | 2 tbsp mango chutney |
| 1 tsp curry powder | 100ml low-fat natural yogurt |
| 1 tbsp flour | 30g Flora ProActiv Buttery |
| ½ chicken stock cube dissolved in 300ml boiling water | 1 tsp coriander seeds toasted |
| | 1 handful fresh coriander leaves chopped |

Method

1. In a saucepan heat the olive oil over a moderate heat and fry the onion until soft. Then add the garlic, ginger, turmeric and curry powder and fry for 1 minute.
2. Add the flour and cook for 1 minute, then stir in the stock, stirring constantly. Add the chicken and simmer for 10 minutes.
3. Meanwhile cook the rice according to pack instructions.
4. Add the chickpeas to the curry along with the spinach leaves and heat until the spinach leaves have just wilted. Then stir in the mango chutney and natural yogurt. Heat through gently, but be careful not to boil.
5. Drain the rice and stir in the Flora ProActiv Buttery, coriander seeds and the coriander leaves. Serve with the curry.




	Per Serving	% RI*
Energy	2478kJ/587kcal	29%
Fat	12.8g	18%
Of which saturates	2.7g	14%
Carbohydrates	67.4g	
Of which sugars	7.7g	9%
Fibre	5.0g	
Protein	48.3g	
Salt	1.27g	21%

0.75 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Winter vegetable lasagne

 Prep time:
35 minutes

 Cooking time:
35 minutes

 Servings:
4

Few meals are as comforting on a cold winter's evening than a lasagne. This recipe packs in the veggies, helping you towards your 5 a day.

Ingredients

Lasagne

2 tbsp olive oil
1 red onion peeled cut into wedges
2 parsnips peeled
1 sweet potato peeled
1 courgette
2 carrots peeled
1 red pepper finely diced
400g canned chopped tomatoes
1 tbsp tomato puree
1 tsp chilli powder
1 tsp oregano or thyme

25g Flora Buttery
25g plain flour
350ml skimmed milk
6 lasagne sheets
55g cheddar cheese grated
½ tsp English mustard

Bread

30g Flora ProActiv Light
4 slices toasted granary bread
1 clove garlic crushed
1 tbsp chopped parsley

Method

1. Cut the parsnips, sweet potato, carrot and courgette into chunks and place in a roasting tin. Add the onions and pepper, drizzle with oil and roast in a preheated oven at 190°C/170°C Fan/Gas mark 5 for 25 to 30 minutes or until cooked.
2. When cooked, mix with the tomatoes, tomato purée, chilli powder and herbs.
3. Meanwhile prepare the sauce by placing the Flora Buttery and flour into a saucepan. Add the skimmed milk gradually, constantly stirring over a moderate heat. Bring to the boil.
4. Cook for 2 to 3 minutes until smooth and thickened. Add half the cheese and the mustard.




5. Assemble the lasagne by placing half the vegetables in an ovenproof dish, cover with three sheets of lasagne and top with half the sauce. Repeat layers ending with cheese sauce.
6. Sprinkle with remaining cheese and return to oven for 35 to 40 minutes until golden brown.
7. Toast the bread and mix the garlic, Flora ProActiv Light and chopped parsley. Spread the mix onto the toasted granary bread.

	Per Serving	% RI*
Energy	3106kJ/740kcal	37%
Fat	22.9g	33%
Of which saturates	6.7g	34%
Carbohydrates	100.7g	
Of which sugars	27.5g	31%
Fibre	17.6g	
Protein	23.9g	
Salt	1.13g	19%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Tuna steaks with jewelled rice

 Prep time:
20 minutes

 Cooking time:
35 minutes

 Servings:
4

This exotic dish really packs a punch and is sure to liven up mealtimes. A simple recipe bursting with flavour.

Ingredients

4 fresh tuna steaks	225g long grain rice
3 tbsp olive oil	Handful fresh chopped coriander
1 small onion sliced	Handful fresh chopped parsley
1 red pepper diced	1 lime zested
1 yellow pepper diced	40g toasted flaked almonds
115g frozen peas	40g Flora ProActiv Buttery
1 orange zested	
1 tbsp clear honey	
½ tsp ground turmeric	
½ vegetable stock cube dissolved in 600 ml boiling water	

Method

1. Heat 2 tablespoons of olive oil in a medium-sized saucepan and sauté the onion, and peppers, for 4 to 5 minutes until soft.
2. Stir in the orange zest, honey and turmeric. Reduce the heat to low and simmer for 2 to 3 minutes.
3. Add the rice and stir in well before adding the stock, then add the peas. Bring to the boil and reduce the heat to low. Cover the pan and simmer for 20 to 25 minutes or until the rice is tender and all the liquid has been absorbed.
4. Meanwhile blend Flora ProActiv Buttery with the lime zest and 1 teaspoon of coriander and parsley.
5. In a frying pan heat the remaining olive oil and fry the steaks for 2 minutes each side.
6. Serve with the blend of herbs mixed with Flora ProActiv Buttery. Garnish the rice with herbs and almonds.



	Per Serving	% RI*
Energy	2549kJ/607kcal	30%
Fat	23.0g	33%
Of which saturates	3.9g	20%
Carbohydrates	58.4g	
Of which sugars	10.8g	12%
Fibre	4.7g	
Protein	39.3g	
Salt	0.85g	14%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Spinach risotto



Prep time:
10 minutes



Cooking time:
40 minutes



Servings:
2

This delicious risotto is a tasty way to eat your greens and is simple to prepare for a tasty midweek feast.

Ingredients

350g spinach	Ground black pepper
1 onion	1 reduced salt vegetable stock cube
1 clove of garlic	1 litre boiling water
30g Flora Original	1 tsp nutmeg
125g risotto rice	20g Flora ProActiv Light
1 tbsp white balsamic vinegar	25g pecorino cheese
1 tbsp tomato puree	

Method

1. Wash the spinach.
2. Peel and chop the onion and garlic.
3. Heat the Flora Original in a pan and fry the onion and garlic on a medium heat. Add the rice and stir fry until the grains are translucent.
4. Add balsamic vinegar, tomato puree and black pepper and keep stirring.
5. Bring 1 litre of stock to the boil and add this little by little to the risotto rice. Stir regularly until the rice is cooked and the stock has been absorbed.
6. Season the risotto with nutmeg and add the spinach. Stir through and allow the spinach to wilt.
7. Remove the risotto from the heat and stir in the Flora ProActiv Light. Serve with the shaved pecorino.

Do you prefer to eat 100% plant-based?

Replace the cheese with nutritional yeast flakes. At the very end, add about 1 tablespoon per person and stir well.



	Per Serving	% RI*
Energy	2063kJ/492kcal	25%
Fat	20.8g	30%
Of which saturates	6.9g	35%
Carbohydrates	59.7g	
Of which sugars	6.7g	7%
Fibre	5.3g	
Protein	13.9g	
Salt	2.5g	42%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Spaghetti bolognese with sundried tomatoes and parmesan



Prep time:
10 minutes



Cooking time:
30 minutes



Servings:
2

This recipe with sun-dried tomatoes and an original parmesan blend gives this classic a delicious twist.

Ingredients

200g wholewheat spaghetti	200g lean beef mince
1 onion	2 tsp dried Italian herbs
3 celery stalks and 10 celery leaves (approximately 200g)	Ground black pepper
3 large ripe tomatoes	½ beef stock cube
40g sun-dried tomatoes	4 tsp grated Parmesan cheese
1 tbsp sunflower oil	20g Flora ProActiv Light

Method

1. Cook the spaghetti according to pack instructions, without salt. Drain and keep it warm.
2. While the pasta is cooking, finely chop the onion. Cut the celery stalks into small cubes and finely chop the celery leaves. Chop the fresh and sun-dried tomatoes.
3. Heat a non-stick frying pan and pour in the oil. Add the minced beef and fry for 5 minutes while stirring. Add the onion and celery cubes and sauté for 3 minutes. Add all the tomatoes and dried herbs and season with black pepper. Crumble the stock cube into the pan and add 150ml of warm water. Bring to a boil, then reduce the heat and simmer for 15 minutes. (When the sauce starts to boil, add a little warm water.)
4. Meanwhile, mix half of the chopped celery leaves, Flora ProActiv Light, Parmesan cheese and black pepper to taste.
5. Remove the sauce from the heat. Stir in the parmesan blend. Cover with a lid and leave to stand for 1 minute.
6. Divide the spaghetti between 2 plates, spoon over the sauce and sprinkle with the remaining celery leaves.




	Per Serving	% RI*
Energy	3056kJ/728kcal	36%
Fat	22.9g	33%
Of which saturates	6.7g	34%
Carbohydrates	80.6g	
Of which sugars	17.0g	19%
Fibre	18.7g	
Protein	40.6g	
Salt	2.23g	37%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Roasted butternut squash with quinoa and chickpeas

 Prep time:
20 minutes

 Cooking time:
35 minutes

 Servings:
2

Butternut squash is an incredibly versatile vegetable and can be a delicious ingredient in your party dishes. Nutritious, colourful and festive!

Ingredients

1 butternut squash
2 tbsp olive oil
125g quinoa
20g Flora ProActiv Light
100g cranberries (fresh or thawed)
½ can of chickpeas, drained (120g)
A handful of fresh parsley
½ lime, juiced
Ground black pepper

Method

1. Preheat the oven to 200°C/180°C Fan/Gas mark 6. Cut the butternut squash in half lengthways. Scoop out the seeds with a spoon. Carefully cut the flesh out, to about 1.5 cm from the skin. Cut the pulp into cubes. Cover a baking tray with baking paper and place the two squash halves and the cubes on it. Drizzle with 2 tablespoons of olive oil. Place in the oven for 30–35 minutes until the squash is soft.
2. Meanwhile, bring the quinoa to the boil in double the amount of water. Simmer for 12–15 minutes until the water is absorbed. Take off the heat. Add the Flora ProActiv Light and mix with a fork.
3. Mix the cranberries, rinsed chickpeas and parsley with the quinoa. Add the juice of the lime and season with some black pepper.
4. Remove the butternut squash from the oven. Gently mix the squash cubes into the quinoa. Spoon the mixture into the hollowed out squash halves and serve.



	Per Serving	% RI*
Energy	2565kJ/612kcal	31%
Fat	19.9g	28%
Of which saturates	2.9g	15%
Carbohydrates	80.2g	
Of which sugars	25.0g	28%
Fibre	18.8g	
Protein	18.4g	
Salt	0.31g	5%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv

Vegetarian courgette burgers with orange carrot salad



Prep time:
10 minutes



Cooking time:
20 minutes



Servings:
2

Barbecues don't have to be dull for vegetarians! These courgette and chickpea burgers are a delicious option, served with a fresh orange carrot salad to give the dish an extra lift.

Ingredients

Half a can of chickpeas, drained (120g)	3 tbsp finely chopped coriander
1 onion	2 lettuce leaves
2 tbsp Flora Original	1 tsp curry powder
1 tsp freshly ground black pepper	1 egg yolk
200g courgette	2 wholemeal rolls
300g carrots	2 tbsp tomato ketchup
1 orange	20g Flora ProActiv Light

Method

1. Rinse the chickpeas in a sieve and drain well. Peel and quarter the onion. Put the onion with a knob of Flora Original and some black pepper in a piece of foil. Grate the courgette coarsely.
2. Peel the carrot and grate it finely. Thinly grate the orange peel and squeeze the fruit. Spoon the zest and juice with 2 tbsp of the coriander and black pepper into the grated carrot. Wash the lettuce, pat the leaves dry and cut them into strips.
3. Place the onion bundles on a piping hot barbecue, or directly between the coals. Grill the bundles for about 20 minutes.
4. Heat 1 tbsp Flora Original and fry the courgette on a medium heat for about 5 minutes. Add the curry powder. Take off the heat. Blitz the chickpeas in a food processor. Add the yolk and mix briefly. Spoon the chickpea mixture into the courgette mixture with the rest of the coriander and season with black pepper. Form 2 burgers.
5. Place the burgers on the barbecue and cook them for 3 to 4 minutes until lightly browned on both sides and cooked through.



6. Cut the rolls open and spread them with Flora ProActiv Light. Divide the lettuce over the rolls, place the burgers on top, followed by the grilled onions and ketchup. Serve the rolls with the carrot salad on the side.

	Per Serving	% RI*
Energy	2304kJ/548kcal	27%
Fat	13.2g	19%
Of which saturates	2.8g	14%
Carbohydrates	76.3g	
Of which sugars	24.8g	28%
Fibre	18.5g	
Protein	21.8g	
Salt	1.41g	24%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Baked apple with ginger and orange



Prep time:
10 minutes



Cooking time:
35 minutes



Servings:
2

A tasty dessert of baked apple and ginger, this after dinner treat is easy to prepare and delightful to eat.

Ingredients

2 cooking apples
30g fresh root ginger finely chopped
55g dates finely chopped
4 tbsp water
1 zested orange
¼ tsp ground ginger
1 tbsp runny honey
25g Flora ProActiv Buttery

Method

1. Preheat the oven to 200°C/180°C Fan/Gas mark 6.
2. Score carefully with a sharp knife around the middle of the apples, and using an apple corer remove the core and pips. Place on a baking tray.
3. Combine the dates and fresh ginger together and fill the centre of the apples with the mixture. Add the water to the dish. Bake for 30 to 35 minutes until soft and cooked through.
4. Meanwhile blend Flora ProActiv Buttery, orange zest, ground ginger and honey.
5. When the apples are ready, serve with the flavoured Flora ProActiv Buttery and allow to melt over the apples.



	Per Serving	% RI*
Energy	990kJ/236kcal	12%
Fat	9.2g	13%
Of which saturates	2.1g	11%
Carbohydrates	35.0g	
Of which sugars	33.8g	38%
Fibre	3.4g	
Protein	1.6g	
Salt	0.14g	2%

1.25 portions of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Rice pudding with raisins and orange



Prep time:
15 minutes



Cooking time:
15 minutes



Servings:
2

Everyone loves this traditional Dutch rice pudding recipe. It is so simple and only takes 15 minutes to prepare.

Ingredients

50g of dessert rice
500ml semi-skimmed milk
1 orange
25g raisins
20g Flora ProActiv Light
1 tsp cinnamon

Method

1. In a pan, bring the dessert rice with the milk and a small pinch of salt to the boil. Cook the rice gently for about 12 minutes until a thick rice pudding forms.
2. Meanwhile, squeeze the orange into another pan and bring the orange juice and half of the cinnamon to the boil. Add the raisins and let them simmer for a moment.
3. Spoon the raisins and Flora ProActiv Light through the rice pudding (make sure that the pan with the rice pudding is no longer on the heat).
4. Divide the rice pudding between two dishes. Finish with a touch of cinnamon.

Do you like it extra festive?

Then divide some unpeeled orange wedges over the rice pudding cups.




	Per Serving	% RI*
Energy	1292kJ/307kcal	15%
Fat	8.2g	12%
Of which saturates	3.6g	18%
Carbohydrates	46.1g	
Of which sugars	25.8g	29%
Fibre	2.3g	
Protein	10.9g	
Salt	0.64g	11%

1 portion of Flora ProActiv per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv®

Mango smoothie

 Prep time:
10 minutes

 Cooking time:
N/A

 Servings:
1

This smoothie – based on the classic Indian lassi – is quick to prepare and super delicious with a lovely fresh flavour!

Ingredients

- 1 ripe mango
- 1 lime
- 1 pinch of ground cardamom
- 1 Flora ProActiv Original Mini Drink
- 1 tbsp Greek yogurt

Method

1. Make sure that all ingredients are properly cooled for the best result.
2. Peel the mango and slice the flesh up to the stone. Place the slices in the blender mixing bowl.
3. Add a tablespoon of Greek yogurt, the bottle of Flora ProActiv Mini Drink and a pinch of cardamom.
4. Mix everything into a fresh, velvety breakfast drink.
5. Season with lime juice and stir well.
6. Drink your mango smoothie fresh and well chilled: so deliciously refreshing!

For best results

Flora ProActiv mini drinks should be consumed with a meal. This smoothie makes a great dessert after dinner.



	Per Serving	% RI*
Energy	847kJ/202kcal	10%
Fat	6.4g	9%
Of which saturates	3.4g	17%
Carbohydrates	26.9g	
Of which sugars	26.3g	29%
Fibre	5.2g	
Protein	6.6g	
Salt	0.18g	3%

1 Flora ProActiv Mini Drink per serving.
*% of Reference Intake (RI) of an average adult
(8400kJ/2000kcal).

FLORA
ProActiv

**CHOLESTEROL
LOWERING**

RECIPE BOOK

