



SUPER-HEALTHY-STRAWBY-LICIOUS-TASTY-SKINNY-DOCIOUS!

Strawberry shake with konjac glucomannan

Cooking Instructions: Mix one heaped Tbsp. of the powder (15g) with 1 glass of liquid (200ml) e.g. soymilk and blend on high speed for a few minutes until creamy. Use a mixer to avoid lumps and add more liquid if the consistency gets too thick.

** Excessive consumption may produce laxative effects

Store in a cool, dry place

Shileo UG (haftungsbeschränkt)

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Ingredients: Erythritol**, natural strawberry powder (33.3%), konjac glucomannan (10%), bourbon vanilla (2%)

Nutrition facts	Per 100g (dehydrated)	Per shake* (215g)	%RI per shake*
Energy	497Kj / 119kcal	468Kj / 112kcal	5.59%
Fat	1.42g	3.21g	4.59%
of which saturates	0.16g	2.22g	11.1%
Carbohydrates	72.8g	20.7g	7.97%
of which sugar	17.6g	12.4g	13.8%
of which polyhydric alcohols	54.7g	8.2g	-
Fiber	13.4g	2.01g	8.03%
Protein	2.7g	7.41g	14.8%
Salt	0.003g	0.261g	4.34%

* prepared with 200ml skim milk

Warning: due to its high fiber concentration, the shake may become very thick if not consumed relatively quickly

 Made in Germany