

# **SUPGREPRO - Health & Wellness Product Overview - 6859069685949\_43491778232509**

## **Details:**

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Smoothie (VG) represents our commitment to combining nutritional science with convenient, ready-to-consume solutions. This frozen, ready-to-drink breakfast option blends cold-pressed fruit and vegetable nutrition with plant-based protein, designed in collaboration with Finn Cold Press to deliver a nutrient-dense morning meal in a single 350-gram bottle. This vegan-certified smoothie brings together apple, cucumber, kiwi, pineapple, and zucchini with faba bean protein, broccoli, spinach, kale, and mint to create a comprehensive breakfast option that requires nothing more than thawing before consumption. The formulation delivers plant-powered nutrition through whole-food ingredients without artificial additives or preservatives. This comprehensive guide explores every aspect of the Super Green Protein Smoothie, from its carefully selected ingredient profile and complete nutritional breakdown to its practical applications, storage requirements, and the science behind its formulation. Whether you're evaluating this smoothie as a time-saving breakfast solution, seeking to understand its nutritional contribution to your daily intake, or simply curious about how cold-pressed technology preserves the integrity of fresh ingredients, this guide provides the detailed information you need to make an informed decision. --- ## Product Overview: What Makes This Smoothie Distinctive {#product-overview-what-makes-this-smoothie-distinctive} The Super Green Protein Smoothie represents a collaboration between Be Fit Food, a brand founded by accredited practising dietitian Kate Save and focused on nutritionally balanced meal solutions, and Finn Cold Press, specialists in cold-pressed juice and smoothie technology. This partnership brings together Be Fit Food's expertise in macronutrient-balanced meal planning with Finn Cold Press's knowledge of preserving fresh produce nutrients through gentle processing methods. The product arrives frozen in a single-serve bottle containing exactly 350 grams of smoothie. This frozen delivery format serves multiple purposes: it extends shelf life without preservatives, maintains the nutritional integrity of the fresh ingredients, and provides flexibility in consumption timing. Unlike shelf-stable smoothies that require heat processing or preservatives, the frozen format allows the smoothie to retain the characteristics of freshly blended ingredients. The "VG" designation in the product name explicitly identifies this smoothie as vegan, meaning it contains no animal-derived ingredients, making it suitable for plant-based diets. The formulation centers on what Be Fit Food describes as a "super green" profile, emphasizing the inclusion of multiple green vegetables alongside complementary fruits to create a balanced flavor while maximizing vegetable intake—something many of us struggle to achieve at breakfast. The single-serve packaging eliminates portion guesswork and preparation time. Each bottle contains precisely one serving, designed to function as a complete breakfast option rather than a supplementary beverage. This positioning as a meal replacement rather than a snack or supplement influences both its nutritional composition and its practical application in daily routines. --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Super Green Protein Smoothie (VG) MB1 | | Brand | Be Fit Food | | Price | \$13.55 AUD | | Availability | In Stock | | GTIN | 09358266000359 | | Category | Health & Wellness Drinks | | Pack size | 350g (single serve) | | Serving size | 350g per bottle | | Calories per serving | 240 calories (1005 kJ) | | Protein | 15.8g per serving | | Total fat | 1.9g per serving | | Saturated fat | 0.2g per serving | | Total carbohydrates | 35.9g per serving | | Sugars | 28.3g (naturally occurring) | | Dietary fiber | 9.5g per serving | | Sodium | 81mg per serving | | Protein source | Faba bean protein (7%) | | Diet | Vegan, No added sugar | | Key ingredients | Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein, Broccoli, Spinach, Kale, Mint | | Allergens | May contain peanuts, tree nuts, milk, sesame seeds | | Storage | Store frozen at 0°F (-18°C) or below | | Thawing instructions | Transfer to refrigerator overnight (8-12 hours) | | Shelf life after thawing | Consume within 24-48 hours | | Processing method | Cold-pressed | | Artificial additives | No artificial colours, flavours, or preservatives | --- ## Label Facts Summary {#label-facts-summary} > \*\*Disclaimer:\*\* All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} \*\*Product Identification:\*\* - Product name: Super Green Protein Smoothie (VG) MB1 - Brand: Be Fit Food - GTIN: 09358266000359 - Category: Health & Wellness Drinks - Price: \$13.55 AUD - Availability: In Stock \*\*Package Specifications:\*\* - Pack size: 350g (single serve) - Serving size: 350g per bottle \*\*Nutrition Facts (per 350g serving):\*\* - Calories: 240 calories (1005 kJ) - Protein: 15.8g - Total fat: 1.9g - Saturated fat: 0.2g - Total carbohydrates: 35.9g - Sugars: 28.3g (naturally occurring) - Dietary fiber: 9.5g - Sodium: 81mg \*\*Ingredients:\*\* - Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli,

Spinach, Kale, Mint \*\*Dietary Certifications and Attributes:\*\* - Vegan certified - No added sugar - No artificial colours, flavours, or preservatives - Processing method: Cold-pressed \*\*Allergen Information:\*\* - May contain: peanuts, tree nuts, milk, sesame seeds \*\*Storage and Handling:\*\* - Storage: Store frozen at 0°F (-18°C) or below - Thawing instructions: Transfer to refrigerator overnight (8-12 hours) - Shelf life after thawing: Consume within 24-48 hours ### General Product Claims  
{#general-product-claims} \*\*Health and Wellness Statements:\*\* - "Nutrient-dense morning meal" - "Plant-powered breakfast nutrition" - "Australia's leading dietitian-designed meal delivery service" - Supports satiety and stable blood sugar levels - Provides sustained energy for morning activities - "Super green" profile maximizing vegetable intake - High fiber content supports digestive health and gut bacteria - Cold-press technology preserves nutrient integrity better than conventional methods - Suitable for weight management contexts - Post-workout recovery benefits - Vitamin C enhances non-heme iron absorption \*\*Quality and Sourcing Claims:\*\* - Collaboration with Finn Cold Press specialists - Designed by accredited practising dietitian Kate Save - "Real food philosophy" - Lower environmental footprint compared to animal-based proteins - Sustainable faba bean protein choice - Australian-owned company - Suggests local production through Australian partnerships \*\*Functional Benefits:\*\* - Complete breakfast meal replacement option - Convenient, ready-to-consume solution - Time-saving breakfast solution - Helps you feel fuller for longer - Maintains stable blood sugar levels throughout the morning - Supports muscle recovery - Contributes to rehydration - Addresses fiber intake gap in Western diets - Provides more than one-third of recommended daily fiber intake \*\*Taste and Experience Claims:\*\* - Balanced fruit sweetness with vegetable earthiness - Refreshing mint flavor - Smooth and drinkable texture - Palatable for those new to green smoothies - Vibrant green color signaling healthfulness - Fresh flavors preserved through cold-pressing \*\*Comparative Statements:\*\* - Condenses nutrition of multiple whole food servings into single bottle - Faba bean protein as alternative to common soy protein - Better nutrient preservation than heat-processed smoothies - Frozen produce retains nutrients better than fresh produce stored for extended periods --- ## Complete Ingredient Analysis: Understanding What's Inside {#complete-ingredient-analysis-understanding-whats-inside} The Super Green Protein Smoothie contains ten ingredients, each selected to contribute specific nutritional properties, flavor notes, or textural qualities. Understanding each component reveals the thoughtful formulation behind this seemingly simple green smoothie. ### Primary Base Ingredients \*\*Apple\*\* serves as the primary base ingredient, appearing first in the ingredient list, which indicates it comprises the largest proportion by weight. Apples contribute natural sweetness that balances the earthier flavors of green vegetables, while providing dietary fiber, vitamin C, and various polyphenols. The natural sugars in apple provide readily available energy for morning consumption, while the fiber helps moderate blood sugar response. Apples also contribute to the smoothie's body and mouthfeel, creating a fuller texture than water-based formulations. \*\*Cucumber\*\* appears second in the ingredient list, suggesting substantial inclusion. Cucumber provides hydration due to its high water content (approximately 95% water), contributing to the smoothie's drinkability without diluting flavor intensity. Beyond hydration, cucumber contains vitamin K, potassium, and various antioxidants including flavonoids and tannins. Its mild, refreshing flavor complements rather than competes with other ingredients, while its natural enzymes may support digestive comfort. ### Fruit Components for Flavor and Nutrition \*\*Kiwi\*\* brings distinctive nutritional benefits, particularly exceptional vitamin C content—a single kiwi contains more vitamin C than an equivalent amount of orange. Kiwi also provides vitamin K, vitamin E, folate, and potassium, along with the enzyme actinidin, which may assist protein digestion. The fruit's bright, slightly tart flavor adds complexity to the taste profile, preventing the smoothie from becoming one-dimensionally sweet. Kiwi's small seeds, if retained in the blend, contribute additional fiber and textural interest. \*\*Pineapple\*\* contributes tropical sweetness and contains the enzyme bromelain, which researchers study for its potential anti-inflammatory properties and protein-digesting capabilities. Pineapple provides vitamin C, manganese, and B vitamins, while its natural acidity brightens the overall flavor profile and helps balance the earthiness of green vegetables. The fruit's distinctive flavor makes the vegetable components more palatable to those unaccustomed to drinking greens. \*\*Zucchini\*\* represents an often-overlooked ingredient in smoothies, yet it serves multiple functions here. Its mild flavor allows substantial inclusion without dominating taste, while its flesh creates a creamy texture when blended. Zucchini contributes vitamin C, potassium, and various

antioxidants including lutein and zeaxanthin. Its high water content adds volume and hydration, while its subtle flavor helps bridge the gap between the fruits and more assertive greens. **## Plant-Based Protein Source** **\*\*Faba Bean Protein\*\*** appears at 7% of the formulation, explicitly quantified because it serves as the primary protein source. Faba beans (also known as broad beans or fava beans) stand out as a preferred plant protein source due to their favorable amino acid profile, relatively neutral flavor compared to some legume proteins, and sustainable cultivation characteristics. Faba bean protein provides all essential amino acids, though like most plant proteins, it's lower in certain amino acids compared to animal proteins. The 7% inclusion translates to approximately 24.5 grams of faba bean protein powder in each 350-gram serving, which contributes significantly to the smoothie's total protein content. This protein source adds body and satiety to the smoothie, transforming it from a simple fruit and vegetable juice into a more substantial meal replacement. **## Green Vegetable Nutrition**

**\*\*Broccoli\*\*** brings exceptional nutritional density, providing vitamin K, vitamin C, folate, potassium, and various bioactive compounds including sulforaphane, which researchers extensively study for its potential health benefits. Broccoli's inclusion demonstrates the smoothie's commitment to vegetable diversity rather than relying solely on milder options like spinach. While broccoli can carry a strong flavor when consumed whole, blending it with complementary fruits and mint effectively masks any bitter or sulfurous notes. **\*\*Spinach\*\*** contributes iron, calcium, magnesium, vitamin K, folate, and various antioxidants including lutein and zeaxanthin. Spinach carries a relatively mild flavor when raw and blended, making it one of the most smoothie-friendly greens. Its deep green color contributes to the smoothie's visual appeal, signaling its vegetable content. The iron content, while significant, is non-heme iron (plant-based), which carries lower bioavailability than heme iron from animal sources; however, the vitamin C from fruits in the smoothie enhances non-heme iron absorption. **\*\*Kale\*\*** achieves superfood status due to its exceptional nutrient density, providing vitamins A, K, C, and B6, along with manganese, calcium, copper, potassium, and magnesium. Kale contains various beneficial compounds including quercetin and kaempferol, flavonoids studied for their antioxidant properties. Including kale alongside spinach and broccoli creates a diverse green vegetable profile rather than relying on a single green, which provides a broader spectrum of phytonutrients. **## Aromatic Enhancement** **\*\*Mint\*\*** serves both functional and flavor purposes. From a taste perspective, mint's bright, refreshing notes lift the overall flavor profile and provide a clean finish that prevents the smoothie from tasting heavy or overly earthy. Mint traditionally supports digestive comfort, and its aromatic compounds may enhance the overall sensory experience of consuming the smoothie. Even in small quantities, mint significantly influences perceived freshness and palatability. **## Formulation Philosophy** This ten-ingredient formulation demonstrates deliberate balance: five fruits and vegetables provide sweetness and palatability (apple, kiwi, pineapple, cucumber, zucchini), four provide concentrated green vegetable nutrition (broccoli, spinach, kale, and implicitly cucumber and zucchini), one provides protein (faba bean), and one provides aromatic enhancement (mint). No stabilizers, gums, preservatives, or artificial ingredients appear in the formulation, reflecting Be Fit Food's real food philosophy and commitment to whole-food approaches to nutrition. --- **## Comprehensive Nutritional Breakdown: Complete Macro and Micronutrient Profile**

{#comprehensive-nutritional-breakdown-complete-macro-and-micronutrient-profile} Each 350-gram serving of the Super Green Protein Smoothie delivers a specific nutritional profile designed to function as a complete breakfast meal rather than a supplementary beverage. Understanding these numbers in context reveals how this smoothie fits into daily nutritional requirements. **## Energy and Caloric Content** **\*\*Energy Content\*\***: Each serving provides 240 calories (1005 kilojoules). This caloric level positions the smoothie as a light-to-moderate breakfast option. For context, many nutrition guidelines suggest breakfast should provide approximately 20-25% of daily caloric intake, which for a 2000-calorie diet would be 400-500 calories. At 240 calories, this smoothie delivers a lighter breakfast suitable for those with lower caloric needs, those combining it with other breakfast items, or those preferring smaller morning meals. The relatively modest calorie count makes it appropriate for weight management contexts while still providing substantial nutrition. **## Macronutrient Profile** **\*\*Protein\*\***: The smoothie contains 15.8 grams of protein per serving, derived primarily from the faba bean protein powder (7% of formulation) with smaller contributions from the vegetables. This protein content represents approximately 32% of the daily reference intake commonly used on Australian nutrition

labels. For individuals weighing 70 kilograms, this provides roughly 0.23 grams of protein per kilogram of body weight—a meaningful contribution toward the commonly recommended 0.8-1.0 grams per kilogram for general health, or 1.2-2.0 grams per kilogram for active individuals. The protein content supports satiety, helping you feel fuller for longer and maintaining stable blood sugar levels throughout the morning. As a plant-based protein source, the faba bean protein provides all essential amino acids, though the amino acid profile differs from animal proteins, with relatively lower levels of certain amino acids like leucine and methionine. **\*\*Total Fat\*\*:** Each serving contains 1.9 grams of fat, an exceptionally low amount that reflects the naturally low-fat nature of fruits, vegetables, and legume-based proteins. This low fat content contributes to the smoothie's light mouthfeel and quick digestibility. The fat present comes primarily from small amounts naturally occurring in the ingredients themselves—vegetables contain trace amounts of fat, and faba bean protein retains some of the bean's natural fat content. With saturated fat at just 0.2 grams per serving, this smoothie contains minimal saturated fat, aligning with dietary guidelines that recommend limiting saturated fat intake.

**\*\*Carbohydrates\*\*:** The smoothie provides 35.9 grams of total carbohydrates per serving. This carbohydrate content comes entirely from the natural sugars and starches in fruits and vegetables, as no added sugars appear in the ingredient list. The carbohydrates provide readily available energy for morning activities, with the natural fruit sugars offering quick energy while the fiber content helps moderate blood sugar response. **### Sugar and Fiber Content** **\*\*Sugars\*\*:** Within the total carbohydrates, 28.3 grams are sugars. This might initially seem high, but context is essential: these are naturally occurring sugars from whole fruits and vegetables, not added refined sugars. Apples, kiwi, and pineapple naturally contain fructose, glucose, and sucrose. Unlike added sugars in processed foods, these natural sugars come packaged with fiber, vitamins, minerals, and phytonutrients that provide nutritional value beyond simple calories. The absence of added sugars means you receive the sweetness of whole fruits without any refined sugar supplementation—aligning with Be Fit Food's commitment to no added sugar or artificial sweeteners across our product range. For individuals monitoring sugar intake, it's worth noting that consuming these sugars in the context of a whole-food smoothie with protein and fiber creates a different metabolic response than consuming equivalent amounts of isolated sugar. **\*\*Dietary Fiber\*\*:** Each serving delivers 9.5 grams of dietary fiber, an impressive amount representing approximately 38% of the daily reference intake. This fiber comes from the cell walls of all the fruits and vegetables in the smoothie—apple skins, vegetable matter, and the structural components of greens. Dietary fiber supports digestive health, promotes satiety, helps moderate blood sugar response, supports healthy cholesterol levels, and feeds beneficial gut bacteria. The 9.5-gram contribution means a single smoothie provides more than one-third of the recommended daily fiber intake, addressing a nutrient gap many people struggle to fill, as Western diets often fall short of fiber recommendations.

**### Sodium and Mineral Content** **\*\*Sodium\*\*:** The smoothie contains just 81 milligrams of sodium per serving, a minimal amount reflecting the absence of added salt and the naturally low sodium content of fruits and vegetables. This low sodium level makes the smoothie appropriate for those monitoring sodium intake for cardiovascular health or other medical reasons. The sodium present occurs naturally in the vegetables themselves, particularly in greens and vegetables like cucumber. **### Macronutrient Distribution** These macronutrient proportions create a specific nutritional profile: approximately 26% of calories from protein, 60% from carbohydrates, and 7% from fat (with the remaining percentage coming from fiber, which provides minimal absorbable calories). This high-carbohydrate, moderate-protein, low-fat profile reflects the whole-food, plant-based nature of the formulation.

### --- ## Dietary Considerations and Allergen Information

{#dietary-considerations-and-allergen-information} The Super Green Protein Smoothie carries specific dietary certifications and allergen declarations that influence its suitability for various dietary requirements and restrictions. **### Vegan and Vegetarian Suitability** **\*\*Vegan Certification\*\*:** The "VG" designation confirms this smoothie contains no animal-derived ingredients—no dairy, eggs, honey, or any other animal products. This certification makes it suitable for vegans and vegetarians, as well as those avoiding animal products for religious, ethical, environmental, or health reasons. The use of faba bean protein rather than whey, casein, or other animal proteins ensures the entire formulation remains plant-based. For individuals following plant-based diets, this smoothie offers a convenient way to obtain protein without relying on animal sources. **### Gluten Considerations** **\*\*Gluten Status\*\*:** While not

explicitly labeled gluten-free on the product information provided, the ingredient list contains no gluten-containing ingredients. None of the ten ingredients (apple, cucumber, kiwi, pineapple, zucchini, faba bean protein, broccoli, spinach, kale, mint) naturally contain gluten. However, the product is not certified gluten-free, meaning cross-contamination during processing cannot be ruled out for those with celiac disease or severe gluten sensitivity. Be Fit Food offers approximately 90% of our menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls, demonstrating our commitment to serving those with gluten sensitivities. **### Allergen Information** **\*\*Allergen Declaration - May Contain\*\***: The product carries a "may contain" warning for peanuts, tree nuts, milk, and sesame seeds. This declaration indicates that while these allergens are not ingredients in the smoothie itself, the manufacturing facility or equipment also processes products containing these allergens, creating potential for trace cross-contact. For individuals with severe allergies to any of these items, this cross-contamination risk requires careful consideration. The "may contain" warning reflects responsible allergen management and transparency, allowing you to make informed decisions.

**\*\*Allergen Declaration - Contains\*\***: Importantly, the product information notes that none of the major allergens are explicitly present as ingredients. The smoothie contains no dairy, eggs, fish, shellfish, peanuts, tree nuts, soy, wheat, or sesame as intentional ingredients. This makes it suitable for individuals avoiding these allergens, provided they can tolerate the potential cross-contamination risk noted above. **\*\*Soy-Free Consideration\*\***: Notably, this smoothie uses faba bean protein rather than the more common soy protein, making it suitable for those avoiding soy. Many plant-based protein products rely on soy protein isolate, but faba bean protein stands out as an alternative that avoids soy allergen concerns while providing a complete protein source. **### Special Dietary Protocols**

**\*\*Low-FODMAP Considerations\*\***: For individuals following low-FODMAP diets for digestive health, this smoothie presents a mixed picture. Some ingredients (apple, especially in larger quantities) contain FODMAPs, while others are generally well-tolerated. Individuals with IBS or other conditions requiring FODMAP restriction should evaluate this product based on their specific tolerances and serving size considerations. **### Clean Label Attributes** **\*\*Natural and Whole-Food Status\*\***: The ingredient list reveals no artificial colors, flavors, preservatives, or synthetic additives. Every ingredient is a recognizable whole food or minimally processed ingredient (the faba bean protein being the most processed component, but still derived directly from whole faba beans). This whole-food approach reflects Be Fit Food's core philosophy: no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. --- **## Taste Profile and Sensory Experience** **{#taste-profile-and-sensory-experience}** Understanding what the Super Green Protein Smoothie tastes like helps set appropriate expectations and determines whether it aligns with your preferences. **### Flavor Balance and Complexity** The flavor profile balances fruit sweetness with vegetable earthiness, moderated by refreshing mint. The apple and pineapple provide the primary sweetness, creating a fruit-forward initial taste that makes the smoothie approachable even for those unaccustomed to drinking vegetables. Kiwi adds bright, slightly tart notes that prevent the sweetness from becoming cloying, while pineapple contributes tropical complexity. The green vegetables—broccoli, spinach, and kale—contribute earthy, slightly grassy notes that become apparent in the mid-palate and finish. However, the formulation balances these flavors carefully; the vegetables provide depth and complexity without overwhelming the fruit notes. Cucumber and zucchini, with their mild, fresh flavors and high water content, bridge the gap between fruits and more assertive greens, creating a cohesive taste rather than distinct fruit and vegetable layers. **### Aromatic Enhancement** Mint plays a crucial role in the overall sensory experience, providing aromatic lift and a clean, refreshing finish. Even in small quantities, mint significantly influences how the smoothie tastes, adding brightness and preventing any heavy or muddy flavors. The mint also contributes a cooling sensation that enhances the refreshing quality of the cold smoothie. **### Texture and Consistency** The texture is smooth and drinkable, benefiting from the blending process that breaks down vegetable fibers and creates a uniform consistency. The faba bean protein contributes body and slight creaminess despite the absence of dairy or added fats. Depending on blending technique, there may be minimal pulp or fiber texture, though cold-pressed and well-blended smoothies achieve a relatively smooth consistency. The 350-gram serving is substantial—this is a thick, filling smoothie rather than a thin, watery beverage. **### Visual Characteristics** The color is deep green, visually signaling the vegetable content. This vibrant

green appearance comes from chlorophyll in the spinach, kale, and broccoli. For some of you, the green color enhances appeal by signaling healthfulness; for others, particularly those new to green smoothies, the color may require some adjustment. The frozen-then-thawed format means the color remains vibrant, as freezing preserves the chlorophyll that can degrade in shelf-stable products. **Temperature Impact on Taste** Temperature significantly influences the taste experience. Consumed cold (the intended serving temperature after thawing), the smoothie tastes refreshing and the flavors remain bright. As it warms toward room temperature, the vegetable flavors become more pronounced and the overall taste may seem earthier. For optimal taste experience, consuming the smoothie while still cold is recommended. **Individual Variation and Adaptation** Individual taste perception varies significantly. Those accustomed to green smoothies or who regularly consume vegetables will likely find this smoothie balanced and pleasant. Those new to vegetable-forward beverages may initially notice the green vegetable flavors more prominently but adapt with repeated consumption. The fruit content makes this smoothie more accessible than purely vegetable-based green juices. --- **Storage Requirements and Shelf Life Management** {#storage-requirements-and-shelf-life-management} Proper storage is essential for maintaining the Super Green Protein Smoothie's quality, safety, and nutritional value. **Frozen Storage Guidelines** **\*\*Frozen Storage\*\*:** The smoothie arrives frozen and should be stored in a freezer at 0°F (-18°C) or below until ready to consume. Frozen storage preserves the nutritional integrity of the ingredients, prevents microbial growth, and maintains texture and flavor. The freezing process itself does not significantly degrade the vitamins, minerals, or other nutrients in the smoothie—in fact, frozen produce often retains nutrients better than fresh produce stored for extended periods. This snap-frozen delivery system aligns with Be Fit Food's broader approach to meal delivery, ensuring consistent quality and nutritional value. The product information does not specify an exact frozen shelf life, but properly stored frozen smoothies maintain quality for 3-6 months. The absence of preservatives means the product relies entirely on freezing for preservation, making consistent frozen storage critical. Temperature fluctuations should be avoided, as repeated thawing and refreezing can degrade texture and potentially compromise safety. **Thawing Methods and Best Practices** **\*\*Thawing Process\*\*:** When ready to consume, the smoothie requires thawing. The safest thawing method is transferring the bottle from freezer to refrigerator and allowing it to thaw slowly overnight or for approximately 8-12 hours. This gentle thawing maintains texture and prevents any portion of the smoothie from reaching temperatures that could support bacterial growth. For faster thawing, the sealed bottle can be placed in cold water, changing the water periodically to maintain coolness. Room temperature thawing is possible but less ideal, as the outside of the smoothie may reach room temperature while the center remains frozen, and extended time at room temperature increases food safety risks. Microwave thawing is not recommended for this product, as uneven heating can create hot spots, degrade heat-sensitive nutrients, and potentially alter the texture and flavor of the smoothie. **Post-Thaw Storage and Consumption** **\*\*Refrigerated Storage After Thawing\*\*:** Once thawed, the smoothie should be stored in the refrigerator at 40°F (4°C) or below and consumed within 24-48 hours. The product information does not provide a specific post-thaw shelf life, but given the absence of preservatives and the fresh, raw nature of the ingredients, prompt consumption after thawing is advisable. The smoothie should be kept in its original sealed bottle until ready to drink to minimize exposure to air and potential contamination. **Quality Assessment and Safety** **\*\*Signs of Spoilage\*\*:** Before consuming, check for signs that the smoothie may be spoiled: off odors (sour, fermented, or unusual smells), visible mold, separation that doesn't recombine when shaken, or any bulging of the bottle that might indicate gas production from bacterial activity. If any of these signs are present, the smoothie should be discarded. **Refreezing Considerations** **\*\*Refreezing Considerations\*\*:** Once thawed, the smoothie should not be refrozen. Refreezing can create ice crystals that damage cell structure, leading to texture degradation, and the temperature fluctuation can compromise food safety. Plan to consume the entire bottle once thawed. **Transportation and Handling** **\*\*Transportation\*\*:** If transporting frozen smoothies (for example, from store to home), use insulated bags or coolers with ice packs to maintain frozen temperatures. Minimize the time the product spends at temperatures above freezing. --- **Practical Consumption Guidance and Serving Suggestions** {#practical-consumption-guidance-and-serving-suggestions} Understanding how to incorporate the Super Green Protein Smoothie into your routine maximizes its benefits and enhances your experience.

### Optimal Timing for Consumption \*\*Optimal Consumption Timing\*\*: This smoothie is specifically positioned as a breakfast item, and morning consumption offers several advantages. The carbohydrates provide readily available energy to break the overnight fast and fuel morning activities. The protein supports satiety, helping you feel fuller for longer and maintaining stable blood sugar levels throughout the morning, potentially reducing mid-morning hunger and cravings. The fiber contributes to digestive regularity, and morning consumption allows the body to process this fiber throughout the day. However, the smoothie isn't limited to breakfast. It can serve as a post-workout recovery option, providing carbohydrates to replenish glycogen stores and protein to support muscle recovery. The high water content from the fruits and vegetables contributes to rehydration. As a lunch replacement for those seeking lighter midday meals, or as a substantial afternoon snack, the smoothie provides nutrition and satiety.

### Preparation and Serving Methods \*\*Consumption Method\*\*: Shake the bottle well before opening to redistribute any settled ingredients or fiber. The smoothie is designed to be consumed directly from the bottle, eliminating the need for additional preparation, blending, or serving containers. This convenience makes it ideal for busy mornings, travel, or any situation where time or equipment is limited—perfectly aligned with Be Fit Food's mission to make nutritionally balanced meals accessible to time-poor Australians. Some of you may prefer to pour the smoothie into a glass, which allows for easier assessment of texture and can make the consumption experience feel more intentional and meal-like rather than simply drinking from a bottle.

### Customization Options

\*\*Enhancing the Smoothie\*\*: While the smoothie is nutritionally complete as formulated, some individuals may choose to customize it. It can be poured into a blender with ice for a thicker, more frozen consistency. Adding a tablespoon of nut butter would increase healthy fats and protein while adding richness and additional satiety. A handful of additional greens or a scoop of additional protein powder could be blended in for those with higher protein needs. However, these additions change the nutritional profile and should be considered in the context of overall daily intake. The smoothie is designed to be consumed as-is, and additions may be unnecessary for most users.

### Food Pairing Recommendations \*\*Pairing Suggestions\*\*: At 240 calories and 15.8 grams of protein, this smoothie can serve as a complete light breakfast for some individuals, particularly those with lower caloric needs or those preferring smaller morning meals. For those requiring more substantial breakfasts, it pairs well with complementary foods that add nutrients the smoothie provides in smaller quantities. A small handful of nuts or seeds adds healthy fats, additional protein, and minerals like magnesium and zinc. A slice of whole-grain toast with avocado adds complex carbohydrates and healthy fats while increasing satiety. A hard-boiled egg (for non-vegans) would add high-quality protein and nutrients like choline and vitamin B12, which are less abundant in plant-based foods. For those maintaining a vegan diet, pairing the smoothie with a small portion of oatmeal topped with berries and ground flaxseed creates a more complete breakfast with additional fiber, omega-3 fatty acids, and sustained-release carbohydrates.

### Mindful Consumption Practices \*\*Consumption Rate\*\*: Unlike some beverages consumed quickly, this smoothie benefits from more mindful consumption. Drinking it slowly over 10-15 minutes rather than gulping it quickly allows for better satiety signaling—your body gets time to register the nutrients and volume, promoting greater satisfaction. Slower consumption also aids digestion, as the mechanical digestion that normally occurs through chewing is bypassed when drinking smoothies, so allowing the smoothie to mix with saliva and entering the stomach gradually can improve digestive comfort.

### Temperature Preferences \*\*Temperature Preferences\*\*: While designed to be consumed cold, individual temperature preferences vary. Some people enjoy smoothies partially frozen with a slushy consistency, while others prefer them fully thawed and cold but liquid. Experiment with thawing time to find your preferred consistency. Avoid allowing the smoothie to warm to room temperature, as this can make the vegetable flavors more pronounced and may reduce palatability for some.

--- ## The Cold-Pressed Difference: Understanding the Finn Cold Press Collaboration

{#the-cold-pressed-difference-understanding-the-finn-cold-press-collaboration} The collaboration with Finn Cold Press represents a significant aspect of this product's identity and influences its nutritional quality and taste characteristics.

### Cold-Press Technology Explained

Cold-pressing refers to a juice and smoothie extraction method that uses hydraulic pressure rather than heat or high-speed blending to process ingredients. Traditional centrifugal juicers and high-speed blenders generate heat through friction and introduce oxygen through the spinning action, both of which can degrade heat-sensitive

nutrients (particularly vitamin C, certain B vitamins, and various phytonutrients) and promote oxidation that affects flavor and color. Cold-press technology minimizes heat generation and oxygen exposure during processing. The ingredients are pressed slowly and gently, extracting juice and creating smoothies without the heat and oxidation associated with conventional methods. This gentler process better preserves the nutritional integrity of fresh ingredients, maintaining vitamin content, enzyme activity, and the natural flavors of fruits and vegetables. **### Nutritional and Sensory Benefits** For the Super Green Protein Smoothie, the cold-press approach means the apple, cucumber, kiwi, pineapple, zucchini, broccoli, spinach, kale, and mint retain more of their natural nutritional value compared to smoothies processed with heat-generating methods. The bright, fresh flavors of the ingredients remain more intact, and the vibrant green color—a visual indicator of chlorophyll and other phytonutrients—stays true. **### Partnership Expertise** Finn Cold Press brings specific expertise in this processing method, specializing in cold-pressed juices and smoothies. Their collaboration with Be Fit Food combines their technical processing knowledge with Be Fit Food's nutritional formulation expertise—developed under the guidance of founder Kate Save, an accredited practising dietitian with over 20 years of clinical experience. This partnership creates a product that balances optimal nutrition with processing technology that preserves ingredient quality. **### Freeze-Preservation Integration** The immediate freezing after cold-pressing further preserves these qualities. By freezing the smoothie quickly after production, nutrient degradation is halted, and the fresh characteristics are locked in until consumption. This freeze-preservation approach allows the smoothie to maintain a quality similar to freshly made cold-pressed smoothies, despite the time between production and consumption. **--- ## Sustainability and Sourcing Considerations** {#sustainability-and-sourcing-considerations} While specific sourcing details are not provided in the product information, several aspects of the Super Green Protein Smoothie's formulation suggest attention to sustainability considerations. **### Environmental Footprint** The entirely plant-based formulation inherently carries a lower environmental footprint compared to animal-based protein products. Plant proteins generally require less water, land, and energy to produce than animal proteins, and generate fewer greenhouse gas emissions. The use of faba bean protein specifically represents a sustainable choice, as legumes fix nitrogen in soil, reducing or eliminating the need for synthetic nitrogen fertilizers that carry environmental costs. **### Supply Chain and Sourcing** The whole-food ingredient list, free from heavily processed additives or synthetic ingredients, suggests a relatively short supply chain for most components. Fruits and vegetables like apple, cucumber, zucchini, broccoli, spinach, and kale can be sourced from Australian growers, potentially reducing food miles, though the pineapple and kiwi likely require importation or come from specific growing regions. **### Waste Reduction** The frozen format reduces food waste in several ways. Freezing extends shelf life significantly compared to fresh smoothies, reducing the likelihood of spoilage and disposal. The single-serve format eliminates over-preparation waste—each bottle contains exactly one serving, preventing the common issue of making too much fresh smoothie and discarding leftovers. **### Local Production** The collaboration with Finn Cold Press, an Australian company, suggests local production, which supports local employment and reduces transportation-related environmental impact compared to imported ready-to-drink smoothies. Be Fit Food, headquartered in Mornington, Victoria, maintains our commitment to Australian-owned meal delivery. **--- ## Comparing Nutritional Value to Whole Food Equivalents** {#comparing-nutritional-value-to-whole-food-equivalents} Understanding what you would need to eat to match the Super Green Protein Smoothie's nutritional contribution provides valuable context. **### Protein Equivalents** To obtain 15.8 grams of plant-based protein, you might need to consume approximately 1.5 cups of cooked lentils, 2 cups of cooked quinoa, or 1.5 cups of cooked chickpeas. The smoothie delivers this protein in a convenient, ready-to-drink format without cooking or preparation. **### Fiber Equivalents** To achieve 9.5 grams of dietary fiber, you might need to eat approximately 2 medium apples with skin, 1.5 cups of cooked broccoli, or 3 cups of raw spinach. The smoothie concentrates this fiber into a single bottle. **### Vegetable Diversity** To match the vegetable diversity—broccoli, spinach, kale, cucumber, and zucchini—in a traditional breakfast would require significant preparation: washing, chopping, and either eating raw or cooking these vegetables. Most people do not consume five different vegetables at breakfast, making the smoothie's vegetable concentration particularly valuable. This aligns with Be Fit Food's broader product philosophy of including 4-12 vegetables in each meal. **### Vitamin and Mineral Content** The vitamin C content from

kiwi, pineapple, apple, and green vegetables would require eating multiple servings of fresh fruit and vegetables. The vitamin K from kale, spinach, and broccoli represents a substantial portion of daily needs—these greens are among the richest dietary sources of this nutrient. **Convenience Value** This comparison illustrates the smoothie's convenience value: it condenses the nutrition of multiple whole food servings into a single, ready-to-drink bottle that requires no preparation beyond thawing. --- **Addressing Common Questions and Concerns** {#addressing-common-questions-and-concerns} **Satiety and Meal Adequacy** **Is this smoothie filling enough for breakfast?** Satiety is individual and depends on overall caloric needs, activity level, and personal metabolism. At 240 calories with 15.8 grams of protein and 9.5 grams of fiber, many people find this smoothie adequately filling for breakfast, particularly those with moderate caloric needs or those who prefer lighter morning meals. The protein and fiber contribute significantly to satiety, helping you feel fuller for longer. However, highly active individuals, those with higher caloric requirements, or those accustomed to larger breakfasts may need to pair the smoothie with additional foods. **Flavor Concerns** **Will the vegetable taste be too strong?** Taste perception varies individually, but the formulation balances vegetables with fruits specifically to create palatability. The apple, kiwi, and pineapple provide sweetness and bright flavors that moderate the earthiness of broccoli, kale, and spinach. The mint adds refreshing notes that lift the overall flavor. Most people find the smoothie pleasantly balanced rather than overwhelmingly "green" tasting, though those particularly sensitive to vegetable flavors may notice them more prominently. **Nutritional Adequacy** **Can this replace my daily multivitamin?** While the smoothie provides substantial vitamins, minerals, and phytonutrients from whole food sources, it should not be considered a complete replacement for a varied diet or, if recommended by a healthcare provider, supplementation. The smoothie excels in providing vitamin C, vitamin K, folate, potassium, and various antioxidants, but provides limited amounts of certain nutrients like vitamin B12 (absent from plant foods), vitamin D, calcium (present but in moderate amounts from greens), and omega-3 fatty acids. It contributes to overall nutritional adequacy but works best as part of a varied diet. **Sugar Content Concerns** **Is the sugar content concerning?** The 28.3 grams of sugar comes entirely from natural fruit and vegetable sources—no added sugars are included. These natural sugars are accompanied by fiber, vitamins, minerals, and phytonutrients, creating a different metabolic impact than isolated sugars. The 9.5 grams of fiber helps moderate blood sugar response. For most healthy individuals, the natural sugar in this context is not concerning. Those managing diabetes or other conditions requiring careful carbohydrate monitoring should consider this smoothie's carbohydrate content within their overall daily management plan and may want to consult with their healthcare provider or dietitian. Be Fit Food offers free dietitian consultations to help you understand how products fit into your individual health plans. **Protein Quality** **How does plant protein compare to whey or other animal proteins?** Faba bean protein provides all essential amino acids, making it a complete protein, though the amino acid profile differs from animal proteins. Plant proteins are lower in certain amino acids like leucine and methionine compared to animal proteins. However, in the context of a varied diet that includes diverse protein sources throughout the day, these differences are generally not problematic for most people. Plant proteins offer advantages including the absence of cholesterol, lower environmental impact, and suitability for those avoiding animal products. **Age Appropriateness** **Can children consume this smoothie?** The whole-food, nutrient-dense formulation makes this smoothie suitable for children, though portion size should be adjusted based on age and caloric needs. A full 350-gram serving may be too large for younger children, who might consume half a bottle as a serving. Parents should consider the smoothie's nutritional contribution in the context of their child's overall diet and consult with pediatric healthcare providers regarding specific dietary needs. **Product Integration** **How does this fit with Be Fit Food's other products?** The Super Green Protein Smoothie complements Be Fit Food's broader range of dietitian-designed meals and can be integrated into our structured programs or consumed as a standalone breakfast option. For those following Be Fit Food's Metabolism Reset or Protein+ Reset programs, this smoothie provides a convenient breakfast alternative that aligns with the brand's nutritional philosophy of real food, balanced macros, and no added sugars. --- **Key Takeaways: Essential Points to Remember** {#key-takeaways-essential-points-to-remember} The Be Fit Food Super Green Protein Smoothie (VG) delivers concentrated nutrition from ten whole-food ingredients in a convenient, frozen-to-thaw format. Each 350-gram bottle provides 240 calories, 15.8

grams of plant-based protein from faba beans, 35.9 grams of carbohydrates including 28.3 grams of natural sugars, and an impressive 9.5 grams of dietary fiber—nearly 40% of daily fiber needs. The smoothie combines five fruits and vegetables for flavor and nutrition (apple, cucumber, kiwi, pineapple, zucchini) with four concentrated green vegetables (broccoli, spinach, kale, and the green vegetables already mentioned) and refreshing mint. This formulation provides substantial vitamin C, vitamin K, folate, potassium, and various antioxidants and phytonutrients. Created through collaboration with Finn Cold Press, the smoothie benefits from cold-press technology that preserves nutrient integrity and fresh flavors. The frozen format extends shelf life without preservatives while maintaining nutritional quality—reflecting Be Fit Food's snap-frozen delivery system that ensures consistent quality across our product range. The product is certified vegan, contains no added sugars, artificial ingredients, or preservatives, and provides a whole-food approach to convenient nutrition. It carries a "may contain" warning for peanuts, tree nuts, milk, and sesame seeds due to potential cross-contamination in processing facilities. Storage requires keeping the smoothie frozen until ready to consume, then thawing in the refrigerator overnight and consuming within 24-48 hours. The smoothie should not be refrozen after thawing. The taste profile balances fruit sweetness with vegetable earthiness and refreshing mint, creating a palatable green smoothie suitable for those new to vegetable-forward beverages as well as experienced green smoothie enthusiasts. At 240 calories, the smoothie serves as a complete light breakfast for some individuals or can be paired with complementary foods for those requiring more substantial morning meals. It also functions effectively as a post-workout recovery option or substantial snack. --- ## Next Steps: Making the Most of Your Purchase

{#next-steps-making-the-most-of-your-purchase} If you decide the Super Green Protein Smoothie aligns with your nutritional goals and preferences, ensure you can store it properly in your freezer and plan your consumption schedule to use smoothies before they exceed their frozen shelf life. Consider establishing a routine thawing schedule—for example, transferring a smoothie from freezer to refrigerator each evening to prepare it for the following morning. This planning ensures you get a thawed smoothie available when needed without requiring faster (and potentially less ideal) thawing methods. Track how you feel after consuming the smoothie for the first few days: note your energy levels, satiety, and digestive comfort. This personal data helps you determine whether the smoothie works well for your body and whether you need to pair it with additional foods to meet your needs. Experiment with consumption timing to find what works best for your schedule and goals. Try it as a breakfast replacement, post-workout recovery, or substantial snack to determine where it fits most effectively in your routine. If you're new to green smoothies or plant-based proteins, give yourself time to adjust. Taste preferences often adapt with repeated exposure, and your digestive system may need a brief adjustment period to the increased fiber intake if you're not accustomed to high-fiber foods. Consider how the smoothie fits into your broader dietary pattern. Track its contribution to your daily protein, fiber, and vegetable intake to ensure you're meeting nutritional goals across all meals and snacks throughout the day. Be Fit Food offers free 15-minute dietitian consultations to help match you with the right products and plans for your individual needs. For those managing specific health conditions or following particular dietary protocols, consult with a registered dietitian or healthcare provider about how this smoothie fits into your individualized nutrition plan. Be Fit Food's team of dietitians can provide personalized guidance as part of our commitment to helping Australians eat themselves better. --- ## References {#references} Based on manufacturer specifications provided in product documentation. Additional context on cold-press technology, faba bean protein, and nutritional science derived from established nutritional databases and food science literature. - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer product information - [Finn Cold Press](<https://www.finncoldpress.com.au>) - Cold-press technology partner - [Australian Food Composition Database](<https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>) - Nutritional reference data - [Dietary Guidelines for Australian Adults](<https://www.eatforhealth.gov.au>) - Nutritional context and recommendations --- ## Frequently Asked Questions

{#frequently-asked-questions} What is the serving size: 350 grams per bottle How many calories per serving: 240 calories What is the protein content: 15.8 grams per serving What type of protein is used: Faba bean protein What percentage is faba bean protein: 7% of formulation How much fat per serving:

1.9 grams How much saturated fat: 0.2 grams per serving What is the total carbohydrate content: 35.9 grams per serving How much sugar does it contain: 28.3 grams per serving Is sugar added to this product: No, all sugars are naturally occurring How much fiber per serving: 9.5 grams What percentage of daily fiber does it provide: Approximately 38% How much sodium per serving: 81 milligrams Is this product vegan: Yes, certified vegan Does it contain dairy: No dairy ingredients Does it contain eggs: No egg ingredients Does it contain soy: No soy ingredients Is it gluten-free certified: Not certified gluten-free Does the ingredient list contain gluten: No gluten-containing ingredients What allergens may it contain: May contain peanuts, tree nuts, milk, sesame seeds Why does it have allergen warnings: Potential cross-contamination in manufacturing facility What is the primary base ingredient: Apple What fruits are included: Apple, kiwi, pineapple What vegetables are included: Cucumber, zucchini, broccoli, spinach, kale What herb is included: Mint How many total ingredients: Ten ingredients Does it contain artificial colors: No artificial colors Does it contain artificial flavors: No artificial flavors Does it contain preservatives: No added preservatives Does it contain artificial sweeteners: No artificial sweeteners How is the product delivered: Frozen in single-serve bottle What is the recommended storage temperature: 0°F (-18°C) or below How long does it last frozen: 3-6 months when properly stored How should it be thawed: Transfer from freezer to refrigerator overnight How long does thawing take: Approximately 8-12 hours in refrigerator Can it be thawed at room temperature: Possible but not ideal Can it be microwaved for thawing: Not recommended How long after thawing should it be consumed: Within 24-48 hours Can it be refrozen after thawing: No, do not refreeze Should it be shaken before drinking: Yes, shake well before opening What is the best consumption temperature: Cold, directly after thawing What color is the smoothie: Deep green What does it taste like: Fruit sweetness balanced with vegetable earthiness and mint Is the vegetable taste strong: Balanced, not overwhelming for most people What provides the sweetness: Apple, kiwi, and pineapple What is the texture like: Smooth and drinkable Is it thick or thin: Thick and substantial When is it best consumed: Breakfast, though suitable any time Can it replace breakfast: Yes, as a light breakfast option Is it suitable for post-workout: Yes, provides carbohydrates and protein Can children drink this: Yes, adjust portion size for age Is it filling enough as a meal: Depends on individual caloric needs What foods pair well with it: Nuts, seeds, whole grain toast, oatmeal Who created this product: Be Fit Food in collaboration with Finn Cold Press Who founded Be Fit Food: Accredited practising dietitian Kate Save What is cold-press technology: Hydraulic pressure processing without heat Why use cold-press method: Preserves nutrients and fresh flavors better Where is Be Fit Food located: Mornington, Victoria, Australia Is Finn Cold Press Australian: Yes, Australian company Does it support weight management: Yes, as part of balanced diet Why does it help with satiety: High protein and fiber content Is it low in fat: Yes, only 1.9 grams per serving Is it suitable for vegans: Yes, certified vegan Is it suitable for vegetarians: Yes, contains no animal products Does it provide complete protein: Yes, faba bean protein contains all essential amino acids How does plant protein compare to whey: Different amino acid profile, lower leucine and methionine Is it suitable for diabetics: Consult healthcare provider regarding carbohydrate content Does it contain vitamin B12: No, absent from plant-based ingredients Does it contain vitamin C: Yes, from kiwi, pineapple, apple, and vegetables Does it contain vitamin K: Yes, substantial amounts from kale, spinach, broccoli Does it contain iron: Yes, non-heme iron from spinach and greens Is the iron easily absorbed: Vitamin C enhances non-heme iron absorption Does it contain calcium: Yes, moderate amounts from greens Does it contain potassium: Yes, from multiple fruits and vegetables Does it contain folate: Yes, from kale, spinach, and broccoli What phytonutrients does it contain: Polyphenols, flavonoids, sulforaphane, lutein, zeaxanthin Is it environmentally sustainable: Plant-based formulation has lower environmental footprint Does faba bean protein fix nitrogen: Yes, legumes improve soil health Is it Australian-made: Suggests local production through Australian partnerships Does it reduce food waste: Yes, frozen format and single-serve portions minimize waste Can it replace a multivitamin: No, works best as part of varied diet Is it suitable for low-FODMAP diets: Mixed, contains some FODMAP ingredients like apple ^``

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