

SMOOTHIES

A Fantastic way to boost your intake of nutrient- dense fruits & vegetables.

Smoothie Base:

- 1 small ripe banana (or 1/2 large banana)
- (optional) Small amount of berries of your choice (most affordable bought frozen, you can add to smoothie straight from the freezer although this will make it quite chilled)
- Some water/coconut water/milk or some fresh juice (or half & half)
- 2 dessert spoons of natural probiotic yoghurt (Glenisk is a good brand).
- 1 dessert spoon of milled/ground seeds.



To make the smoothie a more complete meal add a heaped teaspoon of protein powder (such as Pulsin Pea protein)

Blend all the ingredients together

Optional Additions to vary the flavour and vitamin & mineral content:

- ✓ Peach
- ✓ Pear
- ✓ Pineapple
- ✓ Mango
- ✓ Avocado (you can leave out the protein powder if having avocado)

Tip: Add a generous handful of fresh baby spinach leaves to sneak in some green goodness!

N.B. Make sure any fruit you use is very ripe as they are easier to digest & will blend easier.

