

Simple Smoothies

4 Ingredients to make a balanced, nutritional smoothie.

PROTEIN

PICK ONE



Unsweetened Full Fat Yoghurt
150-200g



Organic Tofu
80-100g



Cottage Cheese
80-100g



Grass Fed Whey or Pea Protein Powder
1-1.5 scoops



VEGETABLE

50-80g



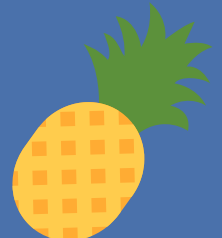
SPINACH, SALAD GREENS, CUCUMBER, BEETROOT

ZUCCHINI, AVOCADO, LETTUCE, CARROT



FRUIT

100-150g



LIQUID

TO YOUR DESIRED CONSISTENCY



ICE, WATER, COOLED TEA, MILK, NUT MILK

And Blend...

For best results, blend for up to 2mins on high to ensure it is smooth.