

## The Cleanest, Greenest Smoothie Ever

### Ingredients:

- 1 large handful of baby spinach
- 2 large bananas, sliced and frozen
- 1 cup mango, frozen
- 1 tbsp Robertsons Wheatgrass Powder
- ½ cup oats
- 1 cup yoghurt
- 1 orange, freshly squeezed
- Honey, to taste
- 2 cups coconut water
- Strawberries, to garnish

### Method:

1. Place all of the ingredients in a blender and mix until smooth.
2. Pour into a glass.
3. Garnish with a fresh strawberry and a paper straw & ENJOY!
4. Pour remaining mixture into ice trays and freeze for 3-4 hours.
5. Place frozen cubes into a large resealable plastic bag and label 'Green smoothie cubes'.
6. Use 6 frozen cubes and add ½ cup coconut water/fruit juice of choice' and blend for a single portion during the week. ENJOY!

\*\*If you don't intend to freeze leftovers - halve the ingredients to make two large smoothies.