

Smoothie Builder

Choose your own Adventure

Place chosen ingredients in a
blender, and blitz until smooth!

Frozen Fruit

Choose One

- 1 cup banana chunks
- 1 cup apple chunks
- 1 cup mango chunks
- 1 cup dragonfruit
- 1 cup berries of choice
- 1 cup pineapple
- 1 cup pear chunks

Veggie of Choice

Choose some

- 1/2 cup frozen cauliflower
- 1/2 large zucchini
- 1 handful spinach
- 1 handful kale
- 1/2 cucumber

Optional Superfoods

- Chia seeds
- Hemp seeds
- Goji Berries
- Greens Powder
- Acai Powder
- Maca Powder

Liquid of Choice

Choose One

- 1 cup water
- 1 cup coconut water
- 1 cup non-dairy milk of
choice (Almond / Rice /
Coconut / Macadamia)

Protein of Choice

Choose 1-2

- 2 tbsp coconut yogurt
- 1/2 cup raw nuts blended
- 2 tbsp seeds
(hemp/pepitas/sunflower)
- 1/2 cup raw nuts blended
- Protein powders (choose minimal
ingredients)

Good Fats

Choose One

- 1/2 cup raw nuts blended
(almonds, cashews, walnuts,
macadamia)
- 1/2 avocado
- 1 tbsp flaxseed oil



Berry Avocado Smoothie



INGREDIENTS

- 1 cup Plain Coconut Milk
(unsweetened, from the box)
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder



Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Detox Green Smoothie



INGREDIENTS

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 & 1/2 cups Water
- 5 x Ice Cubes



Place all ingredients together in a blender. Blend until smooth. Be patient!

No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency. Divide between glasses and enjoy!

Green Chai Smoothie



INGREDIENTS

- 100 grams Raw Cashew Nuts
- 1 cm Ginger (Peeled cube)
- 1/4 tsp Nutmeg
- 1/2 tsp Cinnamon
- 1 tsp Vanilla Extract
- 50 grams Baby Spinach
- 600 grams Organic Coconut Milk
- 200 grams Frozen Banana
- 250 grams Ice Cubes



Place cashews into the blender mixing bowl and mill / blend until it turns into a meal. Alternatively use a cashew meal / flour or almond meal. Add the remaining ingredients and blend the smoothie for 2 minutes. Serve and enjoy.