

Simple Smoothie Formula

LIQUID BASE

1 CUP

Fruit juice

Milk or
dairy-free option

Coconut milk
or water



CREAMY & THICK

1/2 CUP

Banana



Yoghurt



Oats



Avocado



BOOST

Honey



Cinnamon



Maple syrup



Vanilla extract



Mint



FRUIT

1 CUP

Pineapple



Apple



Peach



Mango



Berries



Pear



Nectarine



Apricot



Watermelon



BE A FUN MUM.