

THE GREEN WARD SMOOTHIE



This is a fully loaded Smoothie packed full of natural ingredients along with The Green Ward's organic supplement mix. This nutritious smoothie works well for people who endure a busy schedule as it offers up to 3 yummy servings!

INGREDIENTS: (3 servings)

- 1/2 cup coconut milk/organic whole milk
- 1 medium banana
- 1 handful of blueberries
- Orange peel (about the size of little finger)
- 1 tsp Cinnamon
- 2 tablespoons of flaxseed
- 1 tablespoon coconut oil
- 2 heaped tablespoons Organic Hemp protein
- 1 tablespoon Maca powder
- 1 tablespoon Spirulina powder
- 1/2 cup of water for topping up
- 8 walnuts

HOW TO MAKE IT:

- Put all the ingredients (except the walnuts) into a large blender
- We add the walnuts at the end and mix for a further 4-8 seconds for a crunchy texture
- Enjoy!

TOP TIP

We buy fresh blueberries and bananas in bulk and freeze them to ensure a good supply is always to hand. Chopping the bananas makes them easier to store and blend. Freezing the fruit gives the smoothie an instant chilled temperature.

THE GREEN WARD
HEALTH & WELLBEING



Registered with the Association for Nutrition - www.associationfornutrition.org
Protecting the public and promoting high standards in evidence-based science and professional practice of nutrition