





SERVES 1

# BERRY SMOOTHIE

perfect starter to the day

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9g



5 min

- 75g strawberries or raspberries
- splash lemon juice or orange zest
- splash vanilla extract
- pinch of cinnamon
- 1 tbsp coconut oil
- 100g (2/5 cup) natural full-fat yoghurt

**1** Blend and serve immediately.

SERVES 1

# HEALTHY GREEN SMOOTHIE

energy booster

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7g



5 min

- large handful spinach
- 1/2 avocado
- 1 tbsp coconut oil
- 100g (2/5 cup) natural full-fat yoghurt

**1** Blend and serve immediately.