



SPINACH SMOOTHIES

Ingredients:

- 2 CHUNKS FROZEN SPINACH (OR 2 HANDFULS FRESH BABY SPINACH)
- ½ AVOCADO
- 1 FRESH OR FROZEN, CHOPPED MANGO
- 1 BANANA
- 500ML OAT MILK (OR NORMAL IF YOU PREFER)

Method

- WHIZZ THE FROZEN SPINACH WITH THE AVOCADO, CHOPPED MANGO, BANANA AND MILK (I USE UNSWEETENED OAT MILK) IN A POWERFUL BLENDER UNTIL SMOOTH.
- FREEZE THE LEFTOVERS IN LOLLY MOULDS FOR DESSERTS!

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Nutritional Information

SPINACH - SPINACH IS AN EXCELLENT SOURCE OF VITAMIN K, VITAMIN A, VITAMIN C AND FOLATE AS WELL AS BEING A GOOD SOURCE OF MANGANESE, MAGNESIUM, IRON AND VITAMIN B2. VITAMIN K IS IMPORTANT FOR MAINTAINING BONE HEALTH AND IT IS DIFFICULT TO FIND VEGETABLES RICHER IN VITAMIN K THAN SPINACH.

AVOCADO - AVOCADOS HAVE BEEN COMMENDED AS A GOOD EXAMPLE OF A NUTRIENT DENSE FOOD ALSO KNOWN AS A SUPER FOOD! A GOOD SOURCE OF HEART-HEALTHY MONOUNSATURATED FATS HELP TO LOWER CHOLESTEROL, REGULATE APPETITE, CONTAINS VITAMIN E WHICH HELPS KEEP EYES HEALTHY.

MANGO - MANGO IS A LOW-CALORIE FRUIT THAT IS HIGH IN FIBRE, AND IS A GREAT SOURCE OF VITAMINS A AND C. IT ALSO CONTAINS FOLATE, B6, IRON, CALCIUM, ZINC AND VITAMIN E. PROMOTING HEART HEALTH AND SUPPORTING THE IMMUNE SYSTEM.

BANANA - BANANAS ARE RESPECTABLE SOURCES OF VITAMIN C, POTASSIUM & MANGANESE, GOOD FOR YOUR SKIN, YOUR HEART HEALTH AND BLOOD PRESSURE, CAN AID DIGESTION AND HELP BEAT GASTROINTESTINAL ISSUES, GIVE YOU LOTS OF ENERGY – MINUS THE FATS AND CHOLESTEROL.

OAT MILK - AN EXCELLENT CHOICE FOR THE LACTOSE INTOLERANT, HIGH IN FIBRE, HIGH IN VITAMINS, REPLACES SATURATED FATS WITH UNSATURATED FATS, CHOLESTEROL FREE, HELPS REGULATE BLOOD SUGAR LEVELS & HAS BONE STRENGTHENING MINERALS.