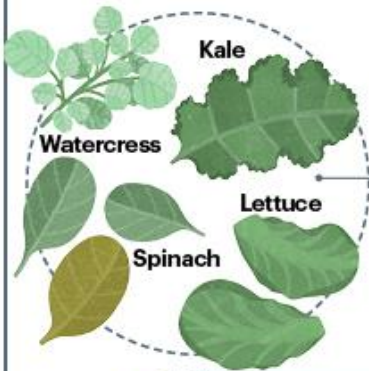


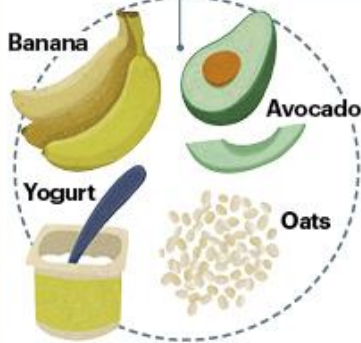


goodfood

# Blend your perfect smoothie



1 handful →



1/4c-1/2 cup →

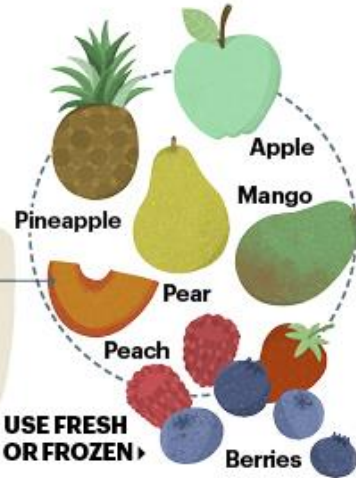


Fruit juice

Milk or dairy-free alternative

Coconut milk or water

4oz-6oz →



← 1/2 cup – 1 cup

USE FRESH OR FROZEN ▶

### IF YOU WANT TO...

#### SWEETEN IT WITH

Maple syrup • Vanilla extract • Cinnamon • Honey • Dates

#### BOOST PROTEIN WITH

Seeds or nuts • Nut butter • Protein powder • Tahini

#### SUPERCHARGE IT WITH

Chia seeds • Ground linseed • Ginger • Cacao powder • Lemon juice • Spirulina, maca powder, bee pollen • Mint

**Blitz in a high-speed blender until smooth, then enjoy!**