



Green Smoothie

Serves 1 person

Green smoothies are a quick and easy way to add a powerful nutrient-packed punch to your day. Not only will you increase your fruit and vegetable intake but you will get a boost of essential vitamins and minerals that support energy, weight loss and immunity.

Use this basic recipe and get things moving by adding a juicy kiwifruit, add a banana for a post-gym potassium hit or get some extra digestive enzymes by adding some pineapple. Cool things down by adding some cucumber and mint or warm it up with a sprinkle of cinnamon.



Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 15 minutes (chill time)

Total Time: 20 minutes

INGREDIENTS

- 1 cup dark green leafy vegetables such as kale, cavalo nero, spinach, dandelion greens or collard greens
- 1 banana
- Zenzo plain Coconut Yoghurt
- 2 tbsp ground seeds such as pumpkin, sunflower, linseeds or chia seeds

HOW TO MAKE

Pop all the ingredients into a high-speed blender and blend until smooth. Chill or add ice before serving.

Optional

Use this basic recipe and get things moving by adding a juicy kiwifruit, add a banana for a post-gym potassium hit or get some extra digestive enzymes by adding some pineapple. Cool things down by adding some cucumber and mint or warm it up with a sprinkle of cinnamon.