



5 great smoothies for you to try

Berry breakfast

- 1 cup of frozen berries
- 1/2 cup of oats
- 1 tablespoon of chia seeds
- 1 tablespoon of pumpkin seeds
- 1 tablespoon of sunflower seeds
- 1 scoop of protein powder
- 1-2 cups of almond milk (unsweetened)

The post workout smoothie

- 2 cups of almond milk
- 1 scoop pea protein
- 1 heaped tablespoon of peanut butter
- 1/4 cup gogi berries
- 1/4 cup cacao nibs
- 1 tablespoon of flax seeds
- 1/2 cup of rolled oats
- 1 banana

Energy smoothie

- 1 tablespoon spirulina powder
- Juice of 2 oranges
- 2 cups frozen berries
- 1/4 cup cashew butter
- 1/4 cup of coconut water
- 1 tablespoon coconut oil

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The Susan special (from Susan Ellis-Saller)

1.5 apples
1 banana
1 heaping tablespoon cashew butter
1-2 handfuls spinach
half a teaspoon of cinnamon
quarter teaspoon of turmeric
shake of fresh pepper
ice

Pure power

1 cup spinach
1 cup kale
1 cup swiss chard
½ cup mango
½ avocado
1 tablespoon of goji berries
1 teaspoon of flaxseed