



Get Up & Go Green Smoothie

Serves two healthy, well fed people or one ravenous athlete in urgent need of refuelling.

Ingredients

1 litre of coconut water - more or less, to suit your perfect consistency

2 cups leafy greens – I prefer kale or spinach

1 avocado

1 lime

1 apple

A handful of strawberries

I add a handful of ice cubes. Leave them out if serious chill isn't your idea of smoothie heaven.

Add zest and boost with:

A smidgen (technical term) of fresh ginger

A dollop of coconut oil

Half a handful of hemp seeds

A wee bunch of mint

Preparation

1. Blitz in your Thermo mix or blend at high speed for 3 minutes.

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