

On-The-Go Smoothie

RECIPE CARD

INGREDIENTS

Woolworths small bananas
Body by Wild vanilla vegan protein powder
Woolworths reduced fat coconut milk
Woolworths unsweetened almond milk
Woolworths wild blossom honey
Woolworths chia seeds
Woolworths rolled oats
Woolworths ground cinnamon
Woolworths pink salt
Woolworths raspberries
Woolworths no added salt & sugar peanut butter
Woolworths coconut flakes
Woolworths almond sprinkles



@sugarfreesundays

EQUIPMENT

Clicks Philips ProBlend 6 Viva Collection blender
Measuring spoons

METHOD

- In a blender, add the following:
 - 1/2 cup (125ml) of fresh or frozen banana
 - 1 scoop of vanilla vegan protein powder
 - 1/2 cup (125ml) of reduced fat coconut milk
 - 1/2 cup (125ml) of unsweetened almond milk
 - a squeeze of honey
 - 1 tbsp (15ml) of chia seeds
 - 2 tbsp (30ml) of rolled oats
 - a pinch of ground cinnamon
 - a pinch of pink salt
 - a handful of raspberries
 - heaped spoon of peanut butter
 - Blend together
 - Add a handful of ice blocks and blend again if you prefer a thinner & cooler smoothie
 - Pour into a travel mug or glass & top with coconut flakes, almond sprinkles & a raspberry
- Enjoy!

CANAL WALK



WOOLWORTHS



WILD



On-The-Go Smoothie **SHOPPING LIST**



6pk small bananas,
R16.99 at Woolworths



250g coconut flakes,
R46.99 at Woolworths



160g raspberries,
R39.99 at Woolworths



250g chia seeds,
R69.99 at Woolworths



1kg rolled oats,
R33.99 at Woolworths



120g pink salt,
R25.99 at Woolworths



1l unsweetened almond milk,
R46.99 at Woolworths



45g ground cinnamon,
R19.99 at Woolworths



400ml reduced fat coconut milk
R25.99 at Woolworths



Body by Wild vanilla
vegan protein powder,
R349 at Clicks



400g no added salt
& sugar peanut butter,
R27.99 at Woolworths



375g wild blossom honey,
R69.99 at Woolworths



100g almond sprinkles,
R51.99 at Woolworths



Philips ProBlend 6 Viva
Collection blender,
R2199 at Clicks

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