

Spinberry

SMOOTHIE

*This recipe is sourced from **Abby Dolphin, Naturopath**

Ingredients:

- 1 frozen banana
- 1 teaspoon coconut sugar
- 1 handful frozen or fresh berries Half a teaspoon cinnamon
- 1 handful spinach leaves
- 1 cup of your choice of milk* Daily dose of Olive Leaf Extract (liquid)

* Add more or less milk/water depending of preferred consistency

Method:

1. Blend all ingredients together until smooth.