

Green Magic<sup>TM</sup>
Green boost smoothie bowl

# Green Magic™

Green boost smoothie bowl



Storage: Chilled



Time: 5 minutes



Serves: 1

### Ingredients...

- 1/2 an avocado
- 1 banana
- 1 handful of spinach or kale
- 1 tbsp Green Magic™
- 150ml milk of your choice

#### How to enjoy...

- Roughly chop the avocado and banana, put all of the ingredients into a blender, liquidiser or smoothie maker and blend until smooth.
- 2) Pour into a bowl and top with stripes of granola, toasted seeds, fruit and chia.
- 3) This smoothie is intended to be thick and spoon-able, if you'd prefer to drink it, add a bit more milk to the mix.



## Power through the day with Green Magic™

- High in antioxidants
- Plant based
- Supports the immune system
- Promotes cellular renewal
- Natural source of protein, fibre and iron







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#### Did you know?

Green Magic™ is made up of a nutritious blend of some the worlds most effective superfoods that deliver high protein levels and essential amino acids to balance pH levels in the body. A multipurpose product that can be enjoyed by all ages and even pets to maintain optimum health. Use to supercharge almost any cold beverage, sprinkle over cereal or even swirl into yoghurt or soup. To put a stop to feeling sluggish and run down, Green Magic™ is perfect as an intense dose of energy and vitality.

We are rated 9.5 out of 10



