

Kickstart Smoothie

A very refreshing smoothie. The mango and fresh mint will wake you up!



- 1 tsp wheatgrass powder
- 4/5 fresh mint leaves
- Small handful spinach
- 1 cup frozen mango
- 2 dates
- 300ml coconut milk
- 2 almonds
- 2 brazil nuts

As with all my smoothies just place all the ingredients into a blender and blitz!