

FIONA TUCK

NUTRITION WELLNESS YOGA



Aussie Sprout Green Smoothie

The healthiest way to start your day just got even healthier with the addition of broccoli sprouts!

Ingredients:

2 bananas
2 cups almond milk
1 cup Aussie Sprouts Broccoli Sprouts
2 cups baby spinach
Squeeze of lemon juice
1/4 cup mint leaves
1 cup chopped mango (fresh or frozen) – optional

Prep: 5 minutes

Cook: 0 minutes

Serves: 2

Directions:

1. Place all ingredients in a blender and blend until smooth.
2. Divide between two glasses and serve..

Tip: If you've got overripe bananas that need using up, just peel them, place them in a zip lock bag and pop them in the freezer to use in smoothies. Then just blend them frozen!

Image courtesy of Aussie Sprouts, for more information please visit:

<https://aussiesprouts.com.au/>

