



SALTBUSH
ECO STORE

HOME | PRODUCTS | RECIPES | TIPS | ABOUT US | CONTACT | BLOG - TEAM SALTY

Immune boosting smoothie

Smoothies are an easy way to get a lot of nutrients in a small space! A thick drink, smoothies can be taken on the go and can either make a great filling breakfast or snack for an extra energy boost.

This recipe is full of antioxidant rich and immune boosting ingredients and is a hit with small and big people alike!

We love stocking up on over-ripe bananas and freezing them peeled and sliced on an oven tray. Once frozen, store in an air tight container. That way you always have frozen fruit on hand for smoothies... or cake ;-)

INGREDIENTS - Makes 2

1 cup Frozen banana chunks
1 ea Orange, zest and juice
1/2 cup Natural yoghurt
2 tbl Raw honey
1 tsp Turmeric
1/4 tsp Ginger, ground
2 tbl Almonds, ground
1 tbl Acai, ground

METHOD:

Combine all ingredients in a high powered blender. Add water or milk if too thick. This mixture will separate over time due to the acid in the orange so it is best consumed immediately.



Dry Mix ingredients: corn starch, rice flour, thickener, dextrose monohydrate, sugar, acidity regulator, psyllium husk, raising agent



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