

Wamife

100+ SMOOTHIE RECIPES



by Wamife
Nutritional Science Team

**Fabulous
smoothies
for everyone
to enjoy!**

WE LOVE SMOOTHIES

As a dedicated business owner, my days are filled with non-stop tasks and responsibilities, leaving me little time for regular meals. Unfortunately, this hectic schedule led to some minor health issues due to inadequate nutrition. Then, three years ago, I discovered a game-changing solution: intermittent meal replacement shakes.

These shakes not only helped me maintain a balanced diet but also contributed to my overall well-being and weight management. What sets my shakes apart is the personal touch my loving wife adds to them. She crafts these nutrient-packed concoctions with precision, tailoring them to my specific dietary needs and taste preferences. The result? Shakes that not only outshine the fast-food alternatives in terms of flavor but also provide superior nutrition.

However, there's been a minor snag in this daily ritual. My work often keeps me away from home until late at night, usually between 10 pm and 12 am. This time gap presented a challenge in preserving the freshness and taste of these meticulously crafted shakes. Despite my wife's efforts to keep them in the fridge under a tight seal, a frustrating layer of oxidation often forms on top after 3-5 hours. This not only dampens my appetite but also raises concerns about food safety.

For months, I pondered over finding a solution to simplify the shake-making process for my wife while ensuring that I could enjoy a fresh and appetizing shake whenever I returned home. One day, a light bulb moment struck me while using my trusty thermos. What if I could harness the technology and principles of a thermos to create a specialized juice cup designed to keep these shakes irresistibly fresh and bursting with flavor?

And so, the idea for this remarkable product was born.



Cherry Berry Bliss Smoothie

Ingredients:

- 1/2 cup frozen raspberries
- 1/2 cup frozen cherries
- Handful of ice (optional)
- 250ml milk of choice



Berries and Cream Smoothie

Ingredients:

- 1 banana
- 1/2 cup frozen strawberries
- 1 spoonful of vanilla yoghurt
- Handful of ice
- 250ml milk of choice

Unbelievaberry Smoothie

Ingredients:

- 1/2 cup frozen mixed berries
- 1 sachet frozen acai berry
- Handful of ice
- 250ml coconut water



Blue Velvet Berry Smoothie

Ingredients:

- 1/2 cup frozen blueberries
- 1/2 pear
- Handful of ice
- 250ml coconut water
- *Optional:* The Bomb Protein - Berry or Chocolate

Vitamin C Booster Smoothie

Ingredients:

- 1/2 cup frozen raspberries
- 1 orange
- 1/2 cup ice
- 250ml coconut water



Watermelon Crush Smoothie

Ingredients:

- 1/2 cup frozen watermelon
- 1/2 cup frozen strawberries
- Handful of ice
- 250ml milk of choice

Berry Surprise Smoothie

Ingredients:

- 1/2 zucchini
- 1/2 cup frozen blueberries
- 1 banana
- Handful of ice
- 250ml milk of choice



Passion Berry Smoothie

Ingredients:

- 1/2 cup frozen blueberries
- Handful of strawberries
- 1 passionfruit
- Handful of ice
- 250ml milk of choice

Raspberry Dragon Smoothie

Ingredients:

- 1/2 cup frozen raspberries
- 1/2 cup frozen dragonfruit
- 1 tablespoon vanilla yoghurt
- Handful of ice
- 250ml milk of choice



Tropical Berry Bliss Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- 1/2 cup frozen cherries
- Handful of ice
- 250ml coconut water

Mango Raspberry Smoothie

Ingredients:

- 1/2 cup frozen mango
- 1/2 cup frozen raspberries
- Handful of ice
- 250ml milk of choice



Blue Nana Smoothie Bowl

Ingredients:

- 2 frozen bananas
- 1/2 cup frozen blueberries
- Handful of ice
- 250ml milk of choice



Pretty In Pink Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1/2 banana
- 1/2 cup frozen pink dragonfruit
- Handful of ice
- 250ml milk of choice

Berry Applicious Smoothie

Ingredients:

- 1/2 cup frozen mixed berries
- 1 apple
- Handful of ice
- 250ml coconut water



Lychee Berry Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1/2 cup frozen lychees
- Handful of ice
- 250ml coconut water

We Love the Super Berries because....

The nourishing concoction of berries in this flavour are rich in antioxidants to revitalise your skin cells and boost your Vitamin C intake. The nuts and seeds are packed full of essential vitamins and minerals for overall glow.



Super Greens Smoothie Recipes

Tropical Pine Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- Handful of kale
- Handful of ice
- 250ml milk of choice
-



Keep it Greener Smoothie

Ingredients:

- Handful of spinach
- 1 banana
- Handful of ice
- 250ml coconut water
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Green Melon Smoothie

Ingredients:

- 1/2 cup honeydew melon
- 1/2 pear
- 1/2 cup ice
- 250ml coconut water
-



Mango Jango Smoothie

Ingredients:

- 1/2 cup frozen mango
- 1 banana
- Handful of ice
- 250ml milk of choice
-

Green Citrus Smoothie

Ingredients:

- 1/2 cup frozen mango
- 1 orange
- Handful of ice
- 250ml coconut water
-



Gilbert Grape Smoothie

Ingredients:

- 1/2 cup frozen grapes
- Handful of spinach
- Handful of ice
- 250ml coconut water
-



Anne of Green Gables Smoothie

Ingredients:

- Handful of spinach
- 1/2 green apple
- 1 small cucumber
- 1/2 cup ice
- 250ml coconut water
-



Tropical Forrest Smoothie

Ingredients:

- 1 frozen banana
- 1 passionfruit
- Handful of kale
- Handful of ice
- 250ml coconut water
-



Secret Garden Smoothie

Ingredients:

- 1 cup frozen mixed berries
- Handful of ice
- 250ml milk of choice
-



Green Sunshine Bliss Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- 1 pear
- Handful of ice
- 250ml milk of choice
-

Berry Babylon Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1 banana
- Handful of ice
- 250ml milk of choice
-



Tropical Kiwi Smoothie

Ingredients:

- 1/2 cup frozen mango
- 1 kiwi
- Handful of ice
- 250ml milk of choice
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Apple Lychee Paradise Smoothie

Ingredients:

- 1/2 cup frozen lychees
- 1/2 apple
- Handful of ice
- 250ml milk of choice

Cool as a Cucumber Smoothie

Ingredients:

- 1 frozen banana
- 1/2 cucumber
- Sprig of mint
- Handful of ice
- 250ml milk of choice



Jungle Hideaway Smoothie

Ingredients:

- 1 pear
- 1 passionfruit
- Handful of kale
- Handful of ice
- 250ml milk of choice

We Love the Super Greens because....

The combination of antioxidant rich spirulina and matcha makes this blend a great way to regulate your body's cleansing processes. With a good dose of fibre and a hint of lemon, it's as refreshing as it is potent in nutrition.



Peanut Butter Smoothie Recipes

Salted Caramel Smoothie

Ingredients:

- 1 frozen banana
- Dash of maple syrup
- Pinch of salt
- Handful of ice
- 250ml milk of choice



Raspberry Crunch Smoothie

Ingredients:

- 1/2 cup frozen raspberries
- 1/2 cup frozen pear
- Handful of ice
- 250ml milk of choice

Peanut Sunshine Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- 1 banana
- Handful of ice
- 250ml milk of choice



Peanut Berry Cream Smoothie

Ingredients:

- 1 cup frozen strawberries
- Spoonful of vanilla yogurt
- Handful of ice
- 250ml milk of choice

Nutters Smoothie

Ingredients:

- 1 pear
- Spoonful of peanut butter
- 1/2 cup ice
- 250ml milk of choice



Pine Berry Peanut Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1/2 cup frozen pineapple
- Handful of ice
- 250ml milk of choice



James & The Giant Peach Smoothie

Ingredients:

- 1-2 peaches
- 1/2 cup frozen blueberries
- Handful of ice
- 250ml milk of choice



Acai Mango Love Smoothie

Ingredients:

- 1 sachet of frozen acai berry
- 1/2 cup frozen mango
- Handful of ice
- 250ml milk of choice

Tango Mango Smoothie

Ingredients:

- 1 cup frozen mango
- 1 passionfruit
- Handful of ice
- 250ml milk of choice



PB & J Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1 banana
- Handful of ice
- 250ml milk of choice

Apple Berry Crumble Smoothie

Ingredients:

- 1/2 cup frozen strawberries
- 1 apple
- Handful of oats
- Handful of ice
- 250ml milk of choice



Bali Bliss Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- 1/2 cup papaya
- Handful of ice
- 250ml coconut water



Apple & Passionfruit Smoothie

Ingredients:

- 1 apple
- 1 passionfruit
- 1/2 cup ice
- 250ml milk of choice

Snickers Smoothie

Ingredients:

- 1 frozen banana
- Spoonful of nut butter
- 2 scoops of The Bomb Protein Chocolate
- Handful of ice
- 250ml milk of choice



Copacabana Smoothie

Ingredients:

- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- Handful of ice
- 250ml milk of choice

We Love the Peanut Butter because....

The strengthening blend of apricot and peanuts in this flavour does wonders for your heart health, stamina and drive. It also improves energy levels, thanks to the mood-boosting Peruvian root, maca. Above all, it tastes divine!



Raw Cacao Smoothie Recipes

Choc Berry Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen mixed berries
- Handful of ice
- 250ml milk of choice



Choc Tropicana Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen pineapple
- 1 banana
- Handful of ice
- 250ml milk of choice

Cherry Ripe Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen cherries
- 1/2 cup frozen pink dragonfruit
- Handful of ice
- 250ml milk of choice



Choc Lychee Bliss Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 pear
- 1/2 cup frozen lychees
- Handful of ice
- 250ml milk of choice

Choc Strawberry Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen strawberries
- 1 banana
- Handful of ice
- 250ml milk of choice



Choc Peanut Crunch Smoothie

Ingredients:

- 1 Raw Cacao
- 1 pear
- A spoonful of peanut butter
- 1/2 cup ice
- 250ml milk of choice

ChocNana Passion Smoothie

Ingredients:

- 1 Raw Cacao
- 1 frozen banana
- 1 passionfruit
- 1/2 cup ice
- 250ml milk of choice



Choc Mint Smoothie

Ingredients:

- 1 Raw Cacao
- 1 frozen banana
- A sprig of mint (or 1 drop mint oil)
- Dash of maple syrup
- 250ml milk of choice

Chocolate Blueberry Lavender Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen blueberries
- 1 drop lavender oil (DoTerra or similar)
- Handful of ice
- 250ml milk of choice



Jaffa Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 pear
- 1 orange
- 1/2 cup ice
- 250ml milk of choice

Choc Blackberry Dragon Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen blackberries
- 1/2 cup frozen pink dragonfruit
- 250ml milk of choice



Chocolate Cherry Berry Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen strawberries
- 1/2 cup frozen cherries
- 250ml milk of choice



Choc Pear Passion Smoothie

Ingredients:

- 1 Raw
- 1 pear
- 1 passionfruit
- Handful of ice
- 250ml milk of choice

Choc Raspberry Smoothie

Ingredients:

- 1 Raw Cacao
- 1/2 cup frozen raspberries
- 1/2 pear
- Handful of ice
- 250ml milk of choice



Mocha Smoothie

Ingredients:

- 1 Raw Cacao
- 1 frozen banana
- 1 shot of coffee
- Handful of ice
- 250ml milk of choice

We Love the Raw Cacao because....

The rich fusion of raw cacao and blackstrap molasses in this flavour improve iron, memory and serotonin levels (that means keeping you happy). Chia seeds and LSA are included to help your body grow and improve brain function with the power of omega-3 and omega-6 fatty acids.



Golden Chai Smoothie Bomb Recipes

Apple Pie Chai Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1 apple
- 1 banana
- Handful of oats
- 1/2 cup ice
- 250ml milk of choice



Cherry Lychee Spice Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen lychees
- 1/2 cup frozen cherries
- 1 passionfruit
- Handful of ice
- 250ml milk of choice

Carrot Cake Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen mango
- 1/2 carrot (grated)
- Handful of ice
- 250ml milk of choice



Golden Ticket Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen mango
- 1/2 pear
- Spoonful of vanilla yogurt
- Handful of ice
- 250ml milk of choice

Chai Grape banana Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen grapes
- 1 banana
- 1/2 cup ice
- 250ml milk of choice



Golden Passion Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen mango
- 1 passionfruit
- 1/2 cup ice
- 250ml milk of choice

Berry Chai Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1 cup frozen mixed berries
- A spoonful of yogurt
- Handful of ice
- 250ml coconut water or milk



Chaiarama Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen pineapple
- 1 banana
- 1 spoonful vanilla yoghurt
- 250ml milk of choice

Pink Chai Supreme Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen pink dragonfruit
- 1/2 cup frozen strawberries
- Handful of ice
- 250ml milk of choice



Raspberry Lychee Chai Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen lychees
- 1/2 cup frozen raspberries
- Spoonful of yogurt
- Handful of ice
- 250ml milk of choice

Blueberry Passion Chai Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen blueberries
- 1/2 cup frozen mango
- 1 passionfruit
- Handful of ice
- 250ml milk of choice



Tropicana Spice Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup papaya
- 1/2 cup frozen pineapple
- Handful of ice
- 250ml milk of choice



Chai Banana Berry Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen strawberries
- 1 banana
- Handful of ice
- 250ml milk of choice

Berry Spice Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen raspberries
- 1/2 cup frozen cherries
- Handful of ice
- 250ml milk of choice



Sunshine Delight Smoothie

Ingredients:

- 1 teaspoon Golden Chai
- 1/2 cup frozen pineapple
- 1/2 cup frozen lychee
- Spoonful of yogurt
- Handful of ice
- 250ml milk of choice

We Love the Golden Chai because....

The aromatic spices in this flavour are fantastic for supporting the immune system and preventing inflammation. The addition of figs and sultanas bring a hint of sweetness, while providing a source of dietary fibre, calcium, potassium and antioxidants.



Vanilla Hemp Smoothie Bomb Recipes

Vanilla Blueberry Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen blueberries
- A spoonful of vanilla yogurt
- A dash of maple syrup or honey
- Handful of ice
- 250ml coconut water



Tropical Vanilla Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen pineapple
- 1/2 zucchini, peeled
- Handful of ice
- 250ml milk of choice



Vanilla Berry Orange Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen mixed berries
- 1 orange
- Handful of ice
- 250ml coconut water



Vanilla Dragon Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1 frozen banana
- 1/2 cup frozen pink dragonfruit
- Handful of ice
- 250ml milk of choice

Vanilla Passion Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1 frozen banana
- 1/2 pear
- 1 passionfruit
- Handful of ice
- 250ml coconut water



Vanilla Apple Pine Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen pineapple
- 1 apple
- Handful of ice
- 250ml coconut water

Lychee Vanilla Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen lychees
- 1/2 cup frozen mango
- Handful of ice
- 250ml milk of choice



Vanilla Berry Blast Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/4 cup frozen blueberries
- 1/4 cup frozen raspberries
- 1 sachet of frozen acai berry
- Handful of ice
- 250ml milk of choice

Vanilla Apple Mango Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen mango
- 1 apple
- Handful of spinach
- Handful of ice
- 250ml coconut water



Vanilla Cherry Berry Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen strawberries
- 1/2 cup frozen cherries
- Handful of ice
- 250ml milk of choice

Vanilla Berry Bloom Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen mixed berries
- 1 banana
- Handful of ice
- 250ml milk of choice



Banana Blueberry Blast Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1 banana
- 1/2 cup frozen blueberries
- 1/2 pear
- Handful of ice
- 250ml milk of choice



Vanilla Raspberry Strawberry Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen raspberries
- 1/2 cup frozen strawberries
- A sprig of mint
- Handful of ice
- 250ml milk of choice

Vanilla Berry Pine Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen pineapple
- 1/2 cup frozen strawberries
- Handful of ice
- 250ml coconut water



Vanilla Mango Smoothie

Ingredients:

- 1 Vanilla Hemp powder
- 1/2 cup frozen mango
- 1 pear
- Handful of ice
- 250ml milk of choice

We Love the Vanilla Hemp because....

Hemp is truly a superfood as it's a complete protein source (which strengthens the body). It's also an awesome source of omega-3 and omega-6, the ultimate brain food. The nutty flavour of hemp is combined with vanilla and enriched by the supporting ingredients, making it like a delicious vanilla milkshake.



Iced Coffee Smoothie Recipes

Cherry Latte Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen cherries
- 1/2 cup frozen mango
- Handful of ice
- 250ml milk of choice



Classic Coffee Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1 frozen banana
- 1/2 cup ice
- 250ml milk of choice

Coffee Dream Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen lychees
- 1 small banana
- 1 passionfruit
- Handful of ice
- 250ml milk of choice



Pink Coffee Berry Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen blueberries
- 1/2 cup frozen pink dragonfruit
- Handful of ice
- 250ml milk of choice

Mocha Buzz Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1 frozen banana
- 2 scoops of The Bomb Protein Chocolate
- 1/2 cup ice
- 250ml milk of choice



Coffee Berry Blitz Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen lychees
- 1/2 cup frozen mixed berries
- Handful of ice
- 250ml milk of choice

Coffee Cherry Pine Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen pineapple
- 1/2 cup frozen cherries
- A spoonful of yogurt
- Handful of ice
- 250ml milk of choice



Coffee Blueberry Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen blueberries
- 1/2 cup frozen blackberries
- Handful of ice
- 250ml milk of choice

Coffee Mixed Berry Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen mixed berries
- A spoonful of yogurt
- Handful of ice
- 250ml milk of choice



Coffee Mojito Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1 pear
- A sprig of mint
- 1/2 cup ice
- 250ml coconut water

Coffee Strawberry Mango Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1/2 cup frozen mango
- 1/2 cup frozen strawberries
- Handful of ice
- 250ml milk of choice



Coffee Pineapple Acai Smoothie

Ingredients:

- 1 spoon Iced Coffee
- 1 sachet frozen acai berry
- 1/2 cup frozen pineapple
- Handful of ice
- 250ml milk of choice



Pink Iced Coffee Smoothie

Ingredients:

- 1 Spoon Iced Coffee
- 1/2 cup frozen mango
- 1/2 cup frozen pink dragonfruit
- Handful of ice
- 250ml milk of choice

Coffee Berry Pear Smoothie

Ingredients:

- 1 Spoon Iced Coffee
- 1/2 cup frozen strawberries
- 1 pear
- Handful of ice
- 250ml milk of choice



Tropical Coffee Smoothie

Ingredients:

- 1 Spoon Iced Coffee
- 1/2 cup frozen pineapple
- 1 banana
- Handful of ice
- 250ml milk of choice

We Love the Iced Coffee Bomb because....

It has the *taste of real coffee combined with the goodness of almonds, linseeds and sunflower seeds making this a little different than your regular iced coffee hit. The MCT helps unlock caffeine for a fast-acting energy boost, alertness and has the added benefit of increased endurance.*



BENEFITS

Fruit & Veg	Benefit
Acai Berry	Contains extremely high antioxidant levels, making it great for overall skin care.
Apple	Contains pectin, a nutrient that acts like a probiotic which is good for the gut and provides good source of fibre.
Avocado	Contains heart-healthy monounsaturated fatty acids, is a great source of dietary fibre and may lower cholesterol.
Banana	Contains potassium, Vitamin C, Vitamin B6, fibre and best of all give a boost of energy!
Blackberry	Contains an abundance of Vitamin A and Vitamin C which helps support your immune system.
Blueberry	Contains the highest antioxidant capacity of all the popular fruits and vegetables.
Carrot	Contains beta-carotene, a compound your body changes into Vitamin A, which helps keep your eyes healthy.
Cherry	Contains potent source of antioxidants and anti-inflammatory properties and melatonin which helps you sleep better.
Cucumber	Contains high levels of the electrolyte potassium, & may reduce sodium-induced water retention and thus lower blood pressure.
Dragonfruit	Contains Vitamin C, which strengthening immunity, helps iron absorption, producing collagen and makes skin glow.
Grapefruit	Contains immune boosting nutrients such as Vitamin B, C, and zinc to protect your cells from harmful bacteria and viruses.
Grapes	Contains resveratrol, an antioxidant that helps reduce cholesterol, heart disease and some cancers.
Honey Dew Melon	Contains Vitamin C and is low in calories and has high water content, which makes it very weight loss friendly.
Kale	Contains high levels of iron, Vitamin K, antioxidants & Omega 3 which makes it a nutritional powerhouse for your health.
Kiwi Fruit	Contains folate, vitamin K and traces of calcium and phosphorus, all of which contribute to bone health.
Lychee	Contains good amount of antioxidant Vitamin C, Vitamin B-complex and phytonutrient flavonoids.
Mango	Contains essential vitamins that boost immunity including Vitamin A & C, riboflavin, niacin, magnesium and phosphorus.

EXTRAS BENEFITS

Fruit & Veg	Benefit
Orange	Contains a healthy source of fibre, Vitamin C, thiamine, folate, and antioxidants. They have multiple health benefits.
Papaya	Contains rich sources of antioxidant nutrients such as carotenes, vitamin C and flavonoids; great for immune boost.
Passionfruit	Contains potassium, magnesium, Vitamin A & C and fibre. It is low GI and helps to alleviate stress and anxiety.
Peach	Contains Vitamin A & C which both help maintain healthy skin, protects against stress damage and good eyesight.
Pear	Contains alkaline healing and cleansing minerals potassium, calcium and silicon for healthy teeth, hair and good eyesight.
Pineapple	Contains Vitamin C, which fights cell damage and bromelain which relieves sinus problems and reduces inflammation.
Raspberry	Contains high levels of fibre, vitamins, minerals and antioxidants. May protect against diabetes, cancer & arthritis.
Rockmelon	Contains a variety of nutrients including selenium, beta carotene & Vitamin C and help to prevent oxidative stress.
Spinach	Contains iron and calcium to help improve blood and bone health.
Strawberries	Contain an abundance of Vitamin C and help support radiant skin health.
Watermelon	Contains lycopene, an antioxidant that reduces risk of cancer and diabetes. It provides hydration and essential nutrients.
Zucchini	Contains beneficial nutrients including Vitamins C and A, potassium, folate, and fibre.

**THE ULTIMATE
SOLUTION FOR
ON-THE-GO SMOOTHIE
CRAVINGS!**

