

# Shopping List

There are enough ingredients to make 2-4 of each smoothie

## Frozen

- 1 Packet Blueberries
- 1 Packet Raspberries

## Fresh Fruit & Vegetables

- Minimum 4 Bananas
- Packet Baby Spinach
- 1 Mango
- 2 Passionfruits
- ¼ Cut Watermelon
- 2 Punnets Strawberries
- Mint Leaves
- 2 Oranges
- 2 Kiwi Fruit

## Milks/Water

- 1 Lt Almond Milk
- 1 Lt Chocolate Almond Milk
- 1 Lt Coconut Milk
- 1 Lt Coconut Water

## Other

- Chia Seeds
- Rolled Oats
- Honey
- 1 Can Pineapple pieces
- 500ml Greek Yoghurt

## Prep

- Peel and freeze the bananas and freeze in a ziplock bag
- Peel, deseed and freeze the mango in a ziplock bag
- Drain the pineapple pieces and freeze in a ziplock bag
- Cut the watermelon into pieces
- Have milks/water in the fridge



**COOKING**  
FOR busy mums