

Avocado Smoothie Bowl

Wheatgrass powder is alkalising, high in Antioxidants, Chlorophyll and Fibre. A teaspoon instantly adds that revitalising 'Super Green' boost.

- ½ cup almond or soya milk
- ½ ripe avocado
- ½ banana
- 1 handful spinach leaves
- ½ a lime
- 1 handful fresh mint
- 1 **tbsp** Greens Organic
Wheatgrass
- Fruit for topping

Blend together until smooth. Makes a great breakfast or snack.

