

# WOMEN'S HEALTH GROUP



# SMOOTHIE CHALLENGE RECIPES

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## SMOOTHIE CHALLENGE RECIPES

# ISLAND MOONLIGHT

*By Paula, Mel, Shar, Fina*



### **Ingredients:**

- 2 cups Frozen Berries**
- 2 Cups Mangoes**
- 1litre Coconut Water**
- 2 tablespoons of Honey**

***Blend together, Enjoy!***

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## SMOOTHIE CHALLENGE RECIPES

# TROPICAL SHADE

*By Julie, Irena, Saba, Nebyat*

### **Ingredients:**

**½ Pineapple**  
**½ cup Walnuts**  
**2 cups Milk**

**1 cup Strawberries**  
**1 cup frozen Mango**  
**¼ cup LSA – Lindseeds,  
Sunflower seeds, Almonds**

**Blend together, Enjoy!**

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## SMOOTHIE CHALLENGE RECIPES

# *DREAM TIME*

*By Helen, Mary, Laurie, Kylie*

### *Ingredients:*

**2 cups Cold Water**  
**½ cup Coconut Water**  
**1 cup frozen Mixed Berries**  
**2 tablespoons Honey**  
**1 tablespoon LSA**  
**2 tablespoons Yoghurt**

**6 Strawberries**  
**½ cup Pineapple**  
**1 Weet bix**  
**1 cup frozen Mango**  
**½ Banana**

***Blend together, Enjoy!***

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## SMOOTHIE CHALLENGE RECIPES

# MANGO PUNCH

*By Margaret, Kim, Kerryu, Janet*



### **Ingredients:**

**2 cups frozen Mango**

**2 slices of Banana**

**2 cups of Milk**

**Blend together, Enjoy!**

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