

SMOOTHIE BIKE

Create delicious, healthy smoothies to help you LiveLighter®!

POPEYE'S PUNCH 2 servings

- ▲ 1 small banana, frozen
- ▲ ½ cup frozen mango chunks
- ▲ 1 cup cold water
- ▲ 1 tbs lemon or lime juice
- ▲ ½ cup baby spinach leaves



Blend till smooth. Serve with an extra wedge of lemon if desired



½ serve fruit in every serving.

TROPICAL FRUIT SMOOTHIE 2 servings

- ▲ ½ cup frozen mango chunks
- ▲ ½ cup pineapple canned in juice (use fruit and juice)
- ▲ 2 tbs passionfruit pulp (optional)
- ▲ 1 cup milk of choice

Blend mango, pineapple and milk, then pour into glasses and add a swirl of passionfruit to each glass, if desired.



½ serve fruit in every serving.

CHOC CHERRY BOMB 2 servings

- ▲ 1 small banana, frozen
- ▲ 1 cup milk of choice
- ▲ 12 frozen cherries
- ▲ 1 tbs cocoa powder
- ▲ ½ cup iceblocks
- ▲ 1 tsp vanilla essence (optional)

Blend till smooth. *Tip: freeze milk in an ice cube tray and use the milk ice-blocks instead of some of the milk. This makes the drink extra cold and thick.*



½ serve fruit in every serving.

WATERMELON FIZZ 2 servings

- ▲ 1 cup watermelon
- ▲ ½ cup cold water/iceblocks
- ▲ 3 tsp lime or lemon juice
- ▲ 1 cup no-added-sugar raspberry flavoured sparkling water

Blend watermelon, water/ ice and lime, then pour into glasses and top with raspberry sparkling water.



½ serve fruit in every serving.