

# 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

DAIRY-FREE

**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)
- ▲ 1 cup milk of choice
- ▲ 2 tbs passionfruit pulp (optional)

**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 iceblocks
- ▲ 3 tsp lime or lemon juice
- ▲ 1 cup no-added-sugar raspberry flavoured sparkling water

DAIRY-FREE

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

½ serve  
fruit in every  
serving.



# TOP TIPS FOR

# SMASHING SMOOTHIES

Create delicious, healthy smoothies to help you LiveLighter®!

- ▲ Use whole fruit rather than juice and get the benefit of the extra fibre
  - Peeled oranges and other citrus
  - Peaches and pineapple canned in juice
- ▲ Canned and frozen fruit is just as nutritious as fresh and conveniently cut!
  - Frozen fruit makes smoothies nice and cold and thick. Add a little more liquid if the smoothie is too hard to blend.
  - Choose fruit canned in juice and use it as a sweetener in your smoothie
- ▲ Experiment with adding vegies!
  - Spinach, kale, and other leafy greens make a gorgeous colour and don't have as strong a taste as you might think.
  - Tinned beans disappear in milky drinks!
  - Tinned beetroot adds a beautiful colour and earthy taste
  - Cucumber and celery add a refreshing flavour and make a pretty garnish
  - Avocado adds a lovely creaminess
- ▲ We still aim to eat most of our fruit, rather than drink them! Use a maximum of ½ cup fruit per smoothie serving.
- ▲ Choose plain and unflavoured milk and yoghurt and add your own flavours with fruit, vanilla essence, honey etc
- ▲ If adding honey or sugar, limit to 1 tsp per serving
- ▲ When choosing a plant-based milk, go for one that is fortified with calcium. Our recommendation is an unsweetened, calcium-fortified soy milk.
- ▲ Use herbs and spices to add pops of flavour! Fresh mint, crystallised ginger, ground cinnamon or even pickled jalapenos are fun additions.

