

# Recipe of the Week

## Green Smoothie



### Ingredients


2 Frozen Bananas  
1 handful Parsley  
3 large handfuls Spinach  
1 tsp extra Virgin  
Coconut Oil (optional)  
1 tsp Honey (optional)  
550g Water

### Method

- Blend all the ingredients together 30 sec / speed 9.
- Use a little water if desired or if needed for the desired consistency, blend for a further 30 sec / speed 7.
- Makes 2 servings.



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