

# Sunflower Fruits smoothie

*A 'meal on the go' type smoothie – lots of nutrition*

## Equipment:

Blender

## Ingredients:

10 frozen strawberries  
10 frozen blueberries  
1 fresh banana  
Handful of spinach or kale  
¼ cup sunflower seeds  
2 dates (optional for sweetness)  
¾ cup water



*Top Tips:* By varying the milk you use you can get different flavours, try rice, soy, almond, hazelnut or coconut milk for variety.

## Method:

1. Add all ingredients into blender
2. Blend and depending on desired consistency add more water if necessary
3. Pour and enjoy : )

*Top Tip:* Buy a good smoothie container with a secure lid as smoothies are great to have when you are on the go. You can often find them in health food stores, sports stores or in TK Maxx at times.

*Top Tip:* Buy bananas in bulk, peel, chop into 1 inch chunks and freeze – perfect for creating a creamy texture in your smoothie.