



Green Orange & Mango Smoothie

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Prep 5 minutes



Makes 1.5L / Serves 4

3 oranges, peeled

5 Tuscan cabbage leaves, chopped

1 avocado

150g frozen chopped mango

650ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 5 minutes



Serves 1

1 orange, peeled, chopped

2 Tuscan cabbage leaves, chopped

½ avocado

100g frozen chopped mango

300ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.