



## 5 Day Blending Plan

Give a rainbow of fresh food a spin with this 5 day blending plan, packed full of colourful and nutritional variety.

### Day 1

Tropical  
Tiger Tonic

### Day 2

Pomegranate  
Berry Green  
Smoothie

### Day 3

Beetroot &  
Ginger Green  
Smoothie

### Day 4

Raspberry,  
Pear & Vanilla  
Smoothie

### Day 5

Mango,  
Vanilla & Chia  
Smoothie

# Just some of the nutritional benefits you will be getting more of



Vitamin C,  
Dietary Fibre,  
Vitamin B6



Vitamin C,  
Vitamin A,  
Dietary Fibre



Vitamin C,  
Vitamin B6,  
Dietary Fibre



Vitamin C,  
Vitamin B6,  
Potassium



Vitamin C,  
Vitamin A,  
Magnesium



Vitamin C,  
Vitamin B6,  
Iron



Vitamin C,  
Dietary Fibre,  
Potassium



Vitamin C,  
Vitamin B6,  
Calcium



## Day 1 - Tropical Tiger Tonic

 Makes 500ml / Serves 2

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250ml coconut water, chilled  
15g roughly torn kale leaves, stem removed  
90g peeled pineapple, chopped  
50g frozen diced mango  
1 tablespoon raw almonds  
1/4 teaspoon ground turmeric

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1. Place ingredients into blender jug and secure lid
2. Blend well until smooth

## Day 2 - Pomegranate Berry Green

 Makes 500ml / Serves 2

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80g frozen mixed berries  
30g baby spinach leaves  
1 banana, halved  
90g natural yoghurt  
200ml chilled pomegranate juice

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1. Place ingredients into blender jug and secure lid
2. Blend well until smooth





## Day 3 - Beetroot & Ginger Green

 Makes 500ml / Serves 2

80g beetroot, peeled, cut into 2cm pieces  
 60g seedless red or green grapes  
 15g baby spinach leaves  
 0.5cm piece ginger, peeled, roughly chopped  
 1/4 lemon, peeled, seeds removed  
 1/2 orange, peeled, seeds removed  
 5 fresh mint leaves  
 4 ice cubes  
 125ml organic cloudy apple juice, chilled

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth

## Day 4 - Raspberry, Pear & Vanilla


 Makes 500ml / Serves 2

180ml dairy milk  
 110g peeled banana, chopped  
 85g frozen raspberries  
 70g vanilla yoghurt  
 50g pear, cored, chopped

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth



## Day 5 - Mango, Vanilla & Chia

 Makes 500ml / Serves 2

250g frozen chopped mango  
 60g reduced fat vanilla yoghurt  
 3 teaspoons white chia seeds  
 250ml chilled milk

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth