



VEGAN-GREEN-SMOOTHIE

Green smoothies are in – and there's a good reason why! The green mixed drink made from veggies and fruits has everything your body needs: from vitamins and minerals to essential plant greens. For this recipe, we used oat milk instead of dairy milk, so it's also suitable if you're vegan.

INGREDIENTS

For 700 ml:

200 ml oat milk (or normal milk)
75g baby spinach
1/2 cucumber
1/2 banana
1/4 pineapple

PREPARATION

Put the spinach and the oat milk into the mixer and mix well. Peel and cut the cucumber, the banana and the pineapple into pieces and add them into the mixer. Mix again until the liquid reaches a smooth and creamy consistency. Should the smoothie still be too thick, add some more oat milk. After that, fill the smoothie into the TWEE drinking bottle 800 ml so it stays cool for longer.

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