

Green smoothie bowl

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Green smoothie bowl

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This veggie-packed green smoothie will guarantee that you get at least two to three serves of nutrient-dense veggies in one hit.

Ingredients (serves 2)

- 2/3 medium frozen [banana](#)
- 3/4 cup pre-soaked cashews
- 3 cups [greens](#) (kale, spinach and silverbeet are our favourites), roughly chopped
- 1 large handful of mint leaves, torn
- Fresh berries, to serve
- 2 tbsp avocado, fresh or frozen
- 1 cup [coconut](#) milk or 7-8 frozen coconut cubes
- 2 cups coconut water
- 3/4 cup water

Method

Throw all ingredients into a blender. Blend until smooth. You may need to give it a stir halfway through if you don't have a high-powered blender. Divide smoothie mixture into two bowls and top with your choice of toppings, but we love raspberries.

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Recipe and images from *Clean 'n' Green Smoothies* by [Sarah Wilson](#).

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