



The 5 Ingredient Collection

GREENWAVE SMOOTHIE

#myshangrila

Recipe by Jonathan Caplan, Vice President Sales, The Americas

INGREDIENTS

Serves 1

Milk (oat or almond preferred)	1/2 cup
Oatmeal-uncooked	1/2 cup
Spinach-uncooked	2 cups
Champagne mango	2 sliced
Avocado-halved	1

RECIPE

1 Put all above ingredients in blender in order of listing and add desired amount of ice.

2 Blend until frosty, pour and enjoy this healthful treat for breakfast or a mid day snack.