

Keep 'em Keen

Goodness Green

Ingredients

- 1 Kale Leaf
- 1 Silverbeet Leaf
- 2 Kiwi Fruit
- 50g Shredded Coconut
- 6 Mint Leaves
- 700ml So Good Unsweetened Almond Milk
- Small Handful Ice

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into two glasses to serve.

Serves 2

Topping Suggestion

Kale chips, fresh coconut and sprigs of mint



Full range of So Good recipes at sogood.com.au

Make Me Yell

Salted Caramel

Ingredients

- 1 Frozen Banana
- 2 Dates
- 80g Oats
- 80g Cauliflower
- 700ml So Good Unsweetened Almond Milk

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into two glasses to serve.

Serves 2

Topping Suggestion

Fresh banana, toasted muesli and a swirl of honey



Full range of So Good recipes at sogood.com.au

Body Rock Avo'n' Choc

Ingredients

- 1 Avocado
- 2 tsp Cocoa Powder
- 60g Dark Chocolate Nibs
- 700ml So Good Unsweetened Almond Milk
- Small Handful Ice

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into two glasses to serve.

Serves 2

Topping Suggestion

Cacao Nibs and a drizzle of dark chocolate



Brekky Fix

Banana Weet-Bix

Ingredients

- 2 Weet-Bix
- 1 Frozen Bananas
- 2 tsp Honey
- 700ml So Good Unsweetened Almond Milk

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into two glasses to serve.

Serves 2

Topping Suggestion

Weet-Bix Bites and fresh banana



Wakey Wakey Berry Shakey

Ingredients

- 100g Frozen Raspberry
- 100g Frozen Strawberry
- 6 Mint Leaves
- 60g Beetroot
- 60g Carrot
- 700ml So Good Unsweetened Almond Milk

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into two glasses to serve.

Serves 2

Topping Suggestion

Chopped strawberries, mint and a drizzle of strawberry reduction

