



REMEDY
KITCHEN

You simply can't go wrong with a humble smoothie. It can replace an entire meal, act as an afternoon pick-me-up or be a full blown sweet treat. These are just two ideas, but the options are endless. Any berry will work a treat!



OMG Blueberry & Strawberry Smoothie

Ingredients

1 Cup of Strawberries or 1 Cup of Blueberries

2 Cups of Almond Milk or milk of your choice

2 Tablespoons of OMG Omega porridge

1/2 Vanilla bean scraped

1 Tablespoon Maple Syrup

1/2 Teaspoon Cinnamon

Method

Step 1

Pop all the ingredients into a blender and blitz!

Step 2

Pour into some decorative cups, top with coconut, bee pollen, chia seeds, crushed nuts, or mint (really whatever your heart desires).

ENJOY X

Mel ♡

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FROM A CARING KITCHEN

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