

## OUR RECIPE



# Watercress, Mango & Pineapple Smoothie

## INGREDIENTS

35g Watercress

25g Spinach

50g Frozen Mango

145ml Pineapple Juice



## METHOD

1. Place all of the ingredients into a high speed blender
2. Blend until velvety smooth
3. Drink immediately or Keep chilled to enjoy later

Thank you to The Watercress Company