



Green Orange & Mango Smoothie

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Prep 5 minutes



Makes 50oz (1.5L) / Serves 4

2 oranges, peeled, chopped

*4 leaves kale (40g), stems removed,
roughly chopped*

1 avocado, peeled, pitted

1½ cups (200g) frozen chopped mango

2½ cups (600ml) chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE / SMOOTHIE
until program finishes.



Prep 5 minutes



Serves 1

1 orange, peeled, chopped

*2 leaves kale (20g), stems removed,
roughly chopped*

½ avocado, peeled, pitted

¾ cup (100g) frozen chopped mango

1¼ cups (300ml) chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE / SMOOTHIE
until program finishes.