

MY LITTLE PONY

MAKE YOUR MARK



TIME TO MAKE SOME SUPER SPEEDY SMOOTHIES,
SUNNY STYLE! PICK YOUR FAVOURITE,
AND SLURP UP!



BANANA DELIGHT SMOOTHIE

WHAT YOU NEED:

- 500 ml unsweetened almond milk
- 2 tbsp almond butter
- 6 prunes
- 1 tsp cinnamon
- 1 small ripe banana

METHOD:

1. In a blender, whizz the almond milk with the almond butter, prunes, cinnamon and banana.
2. Transfer to 2 bottles and chill until ready to drink, or pack for on the go!

MAGIC MANGO AND COCONUT SMOOTHIE

- 200 ml coconut milk
- 4 tbsp coconut milk yogurt
- 1 banana
- 1 tbsp ground flaxseed, sunflower and pumpkin seed
- 120 g frozen mango chunks
- 1 passion fruit, to finish (optional)

1. Put them into a blender and blitz until smooth. Pour into 1 tall glass (you'll have enough for a top up) or two short tumblers.
2. Cut the passion fruit in half, if using, and scrape the seeds on top.

GLIMMERBERRY SMOOTHIE

- 175 g blueberries
- 1 small banana, sliced
- 1 tbsp natural or Greek yogurt
- 100 ml apple juice, chilled
- 3-4 mint leaves

1. Put the blueberries, banana, yogurt, apple juice and mint, if using, in a blender and blitz until smooth. Add a splash of water if it seems too thick.
2. Pour the smoothie into a tall glass with a glass straw to serve. Garnish with a sprig of mint, if you like.