



GREEN GOODNESS SMOOTHIE

I N G R E D I E N T S

1x ripe banana

1x bottle Yakult Original or Yakult LIGHT

1x tablespoon ground LSA mix (optional)

1/2 cup of milk (of your choice)

2 x handfuls of spinach

Ice (optional)

D I R E C T I O N S

1. Place all ingredients into a blender.
2. Blend until mixture is smooth and there are no lumps. Pour into a glass.
3. Enjoy!

Yakult