



Smoothie Making Sessions

This activity showcases 3 smoothie recipe ideas
- featuring fruits, greens and superfoods.

With our selection of ingredients, we will be making:

An Energy Booster Smoothie

An Immune Boost Smoothie

A Happy Smoothie

featuring ingredients known for mood-boosting qualities

Other options include Detox Smoothie, Cleansing Smoothie,
Breakfast Smoothie, and Smoothie Bowls.

For this session, you will require:

A list of ingredients (given before the session)

A blender / mixer

During the session, the health coach will share

Blending ingredients for taste

The science behind the benefits of certain fruits, greens and superfoods

Best practices for smoothie consumption.