

## **BLUE – GREEN SMOOTHIE**

(Great for getting another serve of veggies down the hatch for the day )

- 1 cup of frozen blueberries
- ½ cup strawberries
- ½ cup steamed broccoli
- ½ cup of wheatgrass or 1 serve of greens supplement
- ½ cup pomegranate juice
- ¼ cup plain greek yoghurt
- ½ cup of ice cubes

Blend together and drink immediately