

W O W

Workplace & Organization Wellness

GREEN GOODNESS

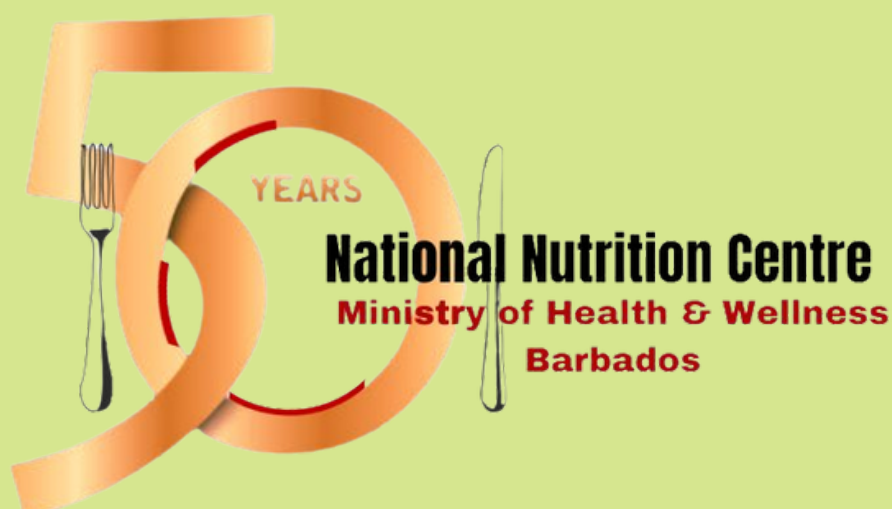
Ingredients:

- **2 cups fresh spinach or kale**
- **1 cup orange segments**
- **1 ripe banana**
- **3 cups skimmed or soy milk**
- **1 tsp vanilla essence**
- **1 cup crushed ice**

Method

- 1. Blend first five ingredients.**
- 2. Blend until smooth.**
- 3. Add ice and blend again.**
- 4. Serve immediately.**

Serves 4-6 persons



**THE NATIONAL NUTRITION CENTRE
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