

Recipe: Breastfeeding Smoothie Recipe | Vegan | Wholefood

The nutritional benefits of the smoothie and these individual ingredients are explained in the video above.

Ingredients:

- Bananas: 5
- Medjool dates: 5
- Blueberries(Frozen): 1 ½ cups
- Bok Choy: 1 bunch
- Water: 1 ½ cups

Method:

In your blender first add you bok choy followed by the dates, blueberries, bananas and water. Adding your greens first in the blender allows the blades to break the leaves down first. This will ensure you get a more smooth result.

My 2 year old daughter is a fan of this recipe too so it's not just for mums :)