



Mango Bango Smoothie

WITH EXTRA VIRGIN OLIVE OIL

INGREDIENTS & METHODS

1 Frozen Banana

1 Passionfruit pulp

1/2 cup Mango peeled

1/2 cup Pineapple

1 tsp Chia Seeds

1 cup of water or a milk of your choice

1 lime or lemon

15ml of Extra Virgin Olive Oil or Olive Leaf Extract



Olive Wellness
INSTITUTE