

How to smoothie?



- 1 Add your Crop's smoothie bag (150g) to a blender.
- 2 Add apple juice or your preferred liquid (250 ml).
- 3 Blend for 30 seconds or until smooth, and pour into a glass.



How to smoothie bowl?

- 1 Add your Crop's smoothie bag (150g) to a blender.
- 2 Add 100ml plant-based milk, 2 tbsp yoghurt, and 1 tsp agave syrup.
- 3 Blend for 30 seconds or until smooth, and scoop into a bowl.

