



Blend with..


wellgrove®
OLIVE LEAF EXTRACT

Wellgrove Olive Leaf Extracts are packed with antioxidants and sustainably made with care, using only fresh, naturally sourced leaves.

APRICOT DELIGHT SMOOTHIE

SERVES: 2 (makes 480ml)

INGREDIENTS

2 tablespoons (30ml)
Wellgrove **Immune Support***
Olive Leaf Extract Liquid or
4 capsules, broken open

2 cups (500ml)
unsweetened almond milk
¼ cup raw unsalted cashews
(soaked for conventional blenders)

1/3 cup chopped dried apricots,
plus more to taste

¼ cup rolled oats

1 tablespoon fresh lemon juice,
plus more to taste

2 teaspoons minced ginger

2 teaspoons ground cinnamon
1 teaspoon natural vanilla extract
1 cup frozen mango

OPTIONAL BOOSTERS

1 tablespoon chia seeds
1 tablespoon goji powder
1 tablespoon honey or maple syrup

METHOD

1. Place all the ingredients (including any boosters) into your blender in the order listed
2. Blend on high for 30 to 60 seconds until smooth and frosty.




wellgrove®

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*Traditionally used in Western herbal medicine to help support immune system health. Always read the label. Follow the directions for use.
