



*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.

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# BASIL CHERRY SMOOTHIE

**SERVES:** 2 (makes 480ml)

## INGREDIENTS

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

1 ½ cups (375ml) unfiltered  
apple juice

¼ cup (60ml) filtered water

½ medium avocado, pitted  
and peeled

1/8 cup (20g) beetroot,  
peeled and cubed

2 cups frozen cherries

¼ cup firmly packed basil leaves

## OPTIONAL BOOSTERS

1 tablespoon pomegranate seeds  
1 tablespoon chia seeds

## 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.



  
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[wellgrovehealth.com.au](http://wellgrovehealth.com.au)

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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.

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