

# Melon Lush

150g frozen banana      225ml almond milk  
250g frozen orange      2 tsp flax seeds  
melon chunks

**METHOD.** Add all the ingredients in a blender and blend until smooth. Pour in a glass.

**BEYOND THE BASICS.** Smoothie bowl: Instead of almond milk, add 65g Greek yoghurt, 100ml milk of your choice, and 5g agave syrup to the blender. Blend until smooth and pour into a bowl. Top the bowl with dried goji berries, granola, and frozen melon balls or other toppings of your choice.

