

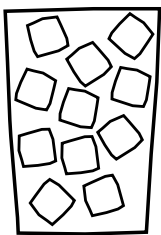
Sweetbird[®] smoothies

You will need

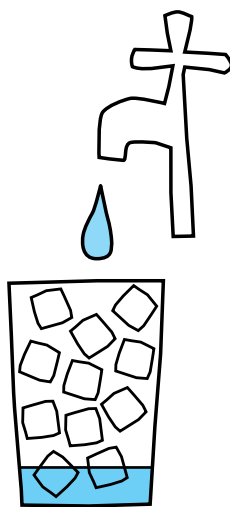
- Sweetbird Smoothie mix
- Ice
- 12oz cup
- Water



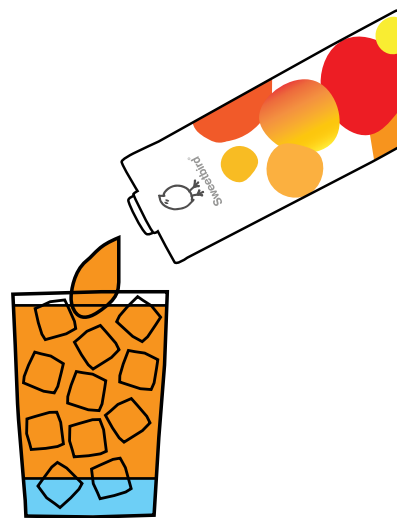
Method



1 Fill your cup with ice cubes.



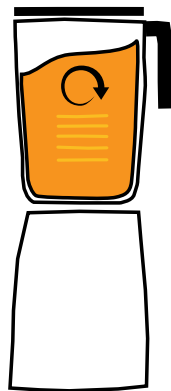
2 Add 2cm cold water.



3 Top with Sweetbird Smoothie.



4 Pour contents into blender jug.



5 Put the lid on and blend until smooth.



6 Pour back into cup and serve with a smile.