



*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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# ROSEMARY BERRY BLISS SMOOTHIE

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

## INGREDIENTS

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

1 cup (250ml) fresh  
orange juice

¾ cup (187ml) filtered water

½ medium avocado,  
pitted and peeled

1 cup (250g) frozen strawberries

1½ teaspoons finely chopped  
fresh rosemary, plus more to taste

## OPTIONAL BOOSTERS

1/4 cup (30g) raw frozen cauliflower

1 tablespoon pomegranate seeds

1 teaspoon Cobram Estate Extra Virgin Olive Oil

## 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](https://www.wellgrovehealth.com.au)

  [wellgrovehealthau](https://www.instagram.com/wellgrovehealthau)

\*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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