



**PRZEPISY  
NA  
SMOOTHIE**




# Smoothie

- Rukola
- Morele
- awokado



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- Arbus
  - Banan
  - Kostki lodu

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- A glass of orange juice is shown on the right side of the image. The background is a corkboard with a piece of paper pinned to it. The paper has handwritten text in cursive. On the left side, there is a black vertical bar with an orange horizontal bar at the top. A white horizontal line is positioned below the list of ingredients.
- Pomarańcze
  - Truskawki
  - Mleko bez laktozy



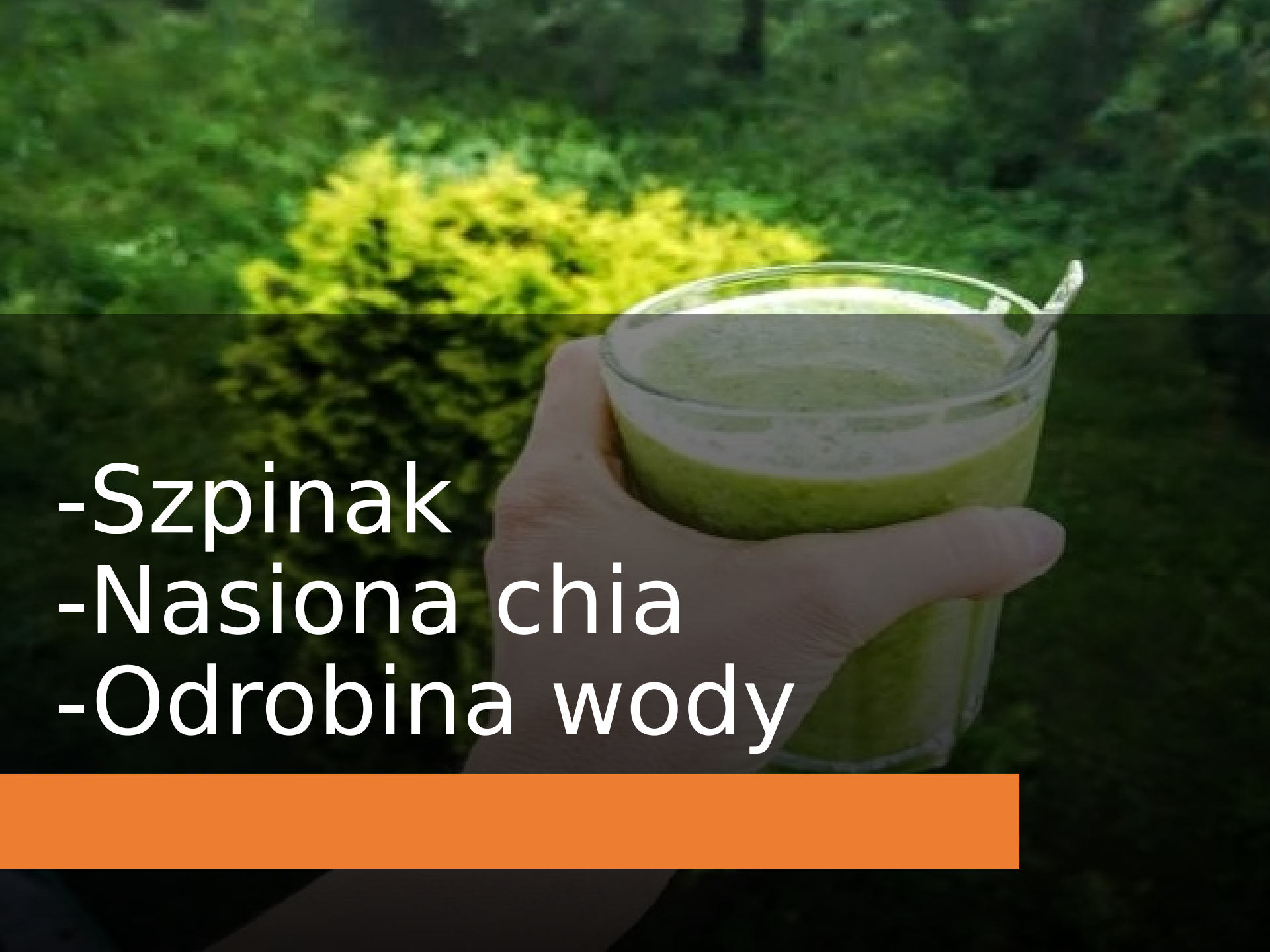


- Kiwi
- Banan
- Mango
- Jagody  
goji



- Sok z marchwi
- Sok z pomarańczy
- Mango

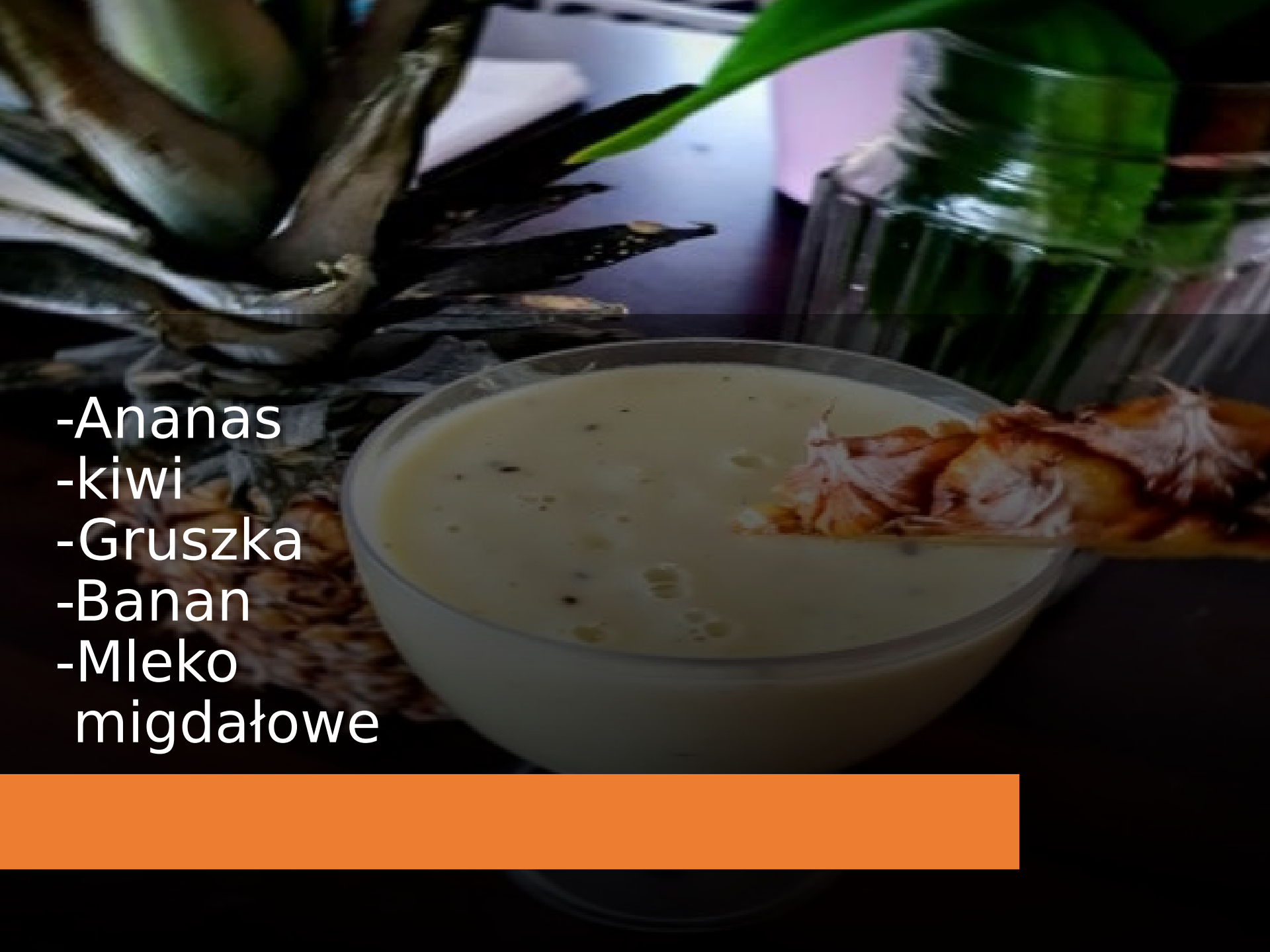


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- Szpinak
  - Nasiona chia
  - Odrobina wody

- Mleko migdałowe
- Banan
- Maliny

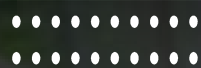




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- A photograph of a smoothie bowl. The bowl is white and filled with a thick, light-colored smoothie. On top of the smoothie, there are slices of kiwi and a banana. To the left of the bowl is a whole pineapple. To the right is a glass filled with kiwi slices. The background is dark and out of focus.
- Ananas
  - kiwi
  - Gruszka
  - Banan
  - Mleko migdałowe

- Gruszka
  - Seler  
naciowy
  - Sok z  
cytryny
  - Woda
- 





- Banan
- Mango
- Kiwi
- Mleczko kokosowe
- Nasiona chia



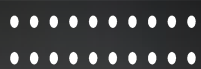
A close-up photograph of a glass filled with a vibrant orange-red smoothie. The smoothie is topped with several fresh strawberries. The background is slightly blurred, showing a white pitcher and a dark brown object, possibly a coconut. The overall lighting is warm and natural.

- Mleko
- Truskawki
- Mango



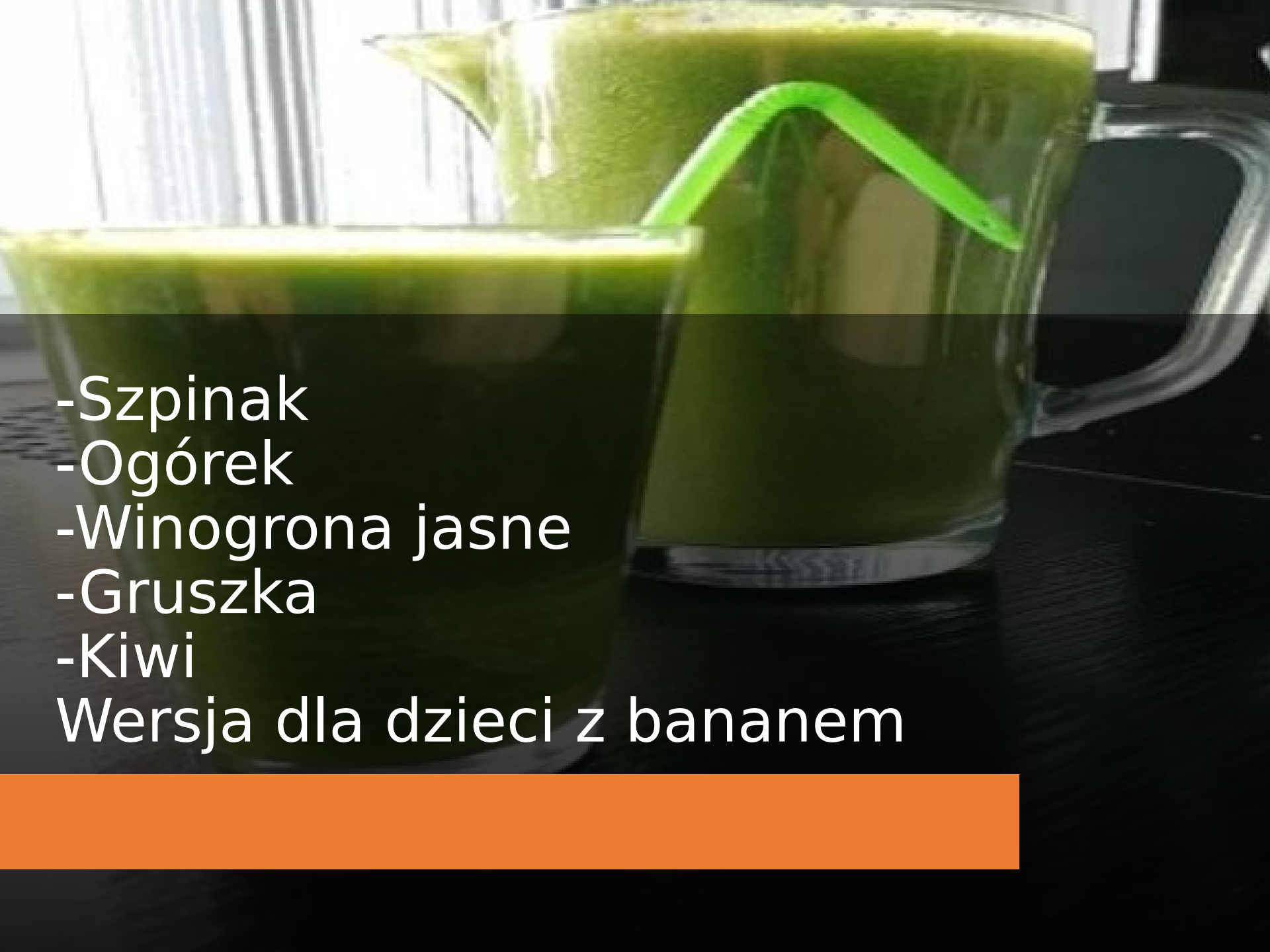
- Jabłko
- Marchewka
- Cytryna
- Odrobina  
miodu





- Rabarbar
- Jabłko
- Woda
- Odrobina  
cukru  
trzciniowego



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- A glass pitcher and a glass filled with green juice, with a green straw in the pitcher.
- Szpinak
  - Ogórek
  - Winogrona jasne
  - Gruszka
  - Kiwi

Wersja dla dzieci z bananem

- Jabłko
  - Banan
  - Mleko
  - Jogurt naturalny
- 





- Truskawki
- Kostki lodu
- Banan



- Mleko migdałowe
- Płatki owsiane
- Banan
- Szpinak
- Maliny







Banan, mleko  
owsiane.  
Zmiksować!