

# Smoothies by the Sea

by Alexander Svarre



# OATH

Svarrehalloworld is a nonprofit organization dedicated to preserving our oceans and beaches.

Being of Danish descent and having grown up by the beach, I have become a fierce advocate for ocean conservancy, translating into my various endeavors in the name of this passion.

I have strived to expand my knowledge by researching, watching documentaries, reading, and following inspirational individuals who dedicate their time to this worthy cause, as well as by taking intellectually engaging and community-oriented initiatives such as beach cleaning, coral restoration, and creating products that help to fundraise.

Bettering the planet is also Bettering ourselves.  
Here are 7 curated smoothie recipes for the week, incorporating my favorite elements of the sea.

Welcome to Svarrehalloworld.



**Svarre**halla

# The Closeout



## Ingredients:

- 2 kiwis
- 1 cup pineapple chunks
- 1 cup mango chunks
- 3/4 cup kale leaves
- A splash of lime
- 1 cup coconut water
- 5 pieces of ice
- 3 teaspoons of organic light agave
- 1 tea spoon of Irish moss powder

## Procedure :

Place all ingredients into your blender until you reach a smooth texture.

## Notes :

Irish moss contains high levels of vitamin A, C, and antioxidants, and omega 3 fatty acids.





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[www.Svarrehallaworld.com](http://www.Svarrehallaworld.com)

