



Smoothies for the Sea

by Alexander Svarre





@svarrehallaworld



svarrehallaworld.com

OATH

Svarrehallaworld is a non-profit organization dedicated to the preservation of our oceans and beaches.

Being of Danish descent and having grown up by the beach, I have become a fierce advocate for Ocean Conservancy, which has translated into the various endeavors I have pursued in the name of this passion.

I have strived to expand my knowledge by researching: watching documentaries, reading, and following inspirational individuals that dedicate their time to this 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. I have set out to curate 7 smoothie recipes for the week, incorporating my favorite elements of the sea.

Welcome to Svarrehallaworld.



Svarrehalla

The Closeout



Ingredients:

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

Procedure :

Place all ingredients into your blender

Notes :

Experience a wave of energy



Alexander Svarre
www.Svarrehallaworld.com

