

# Glimpse into being prepared

I have just made packs up for the freezer so that I am ready for a green smoothie anytime the craving hits for about a fortnight! It is so easy to do when you have a spare half hour, and saves you the time and energy each day.

I put all the fresh ingredients I wanted into bags, plus chia seeds, labeled with the date, and now I will just throw it all in the blender when I am ready, add water and coconut oil and blast!

The freezer is getting quite a collection of frozen meals now to prevent running out of intolerance friendly foods when I am hungry!

