



REFRESHING SUMMER SMOOTHIE

SMOOTHIE | PREP 5MIN | SERVES 1

INGREDIENTS

1 cup baby spinach
1 cup coconut water
1/2 orange
1/2 cup pineapple (fresh or canned)
1/2 banana
1 Tbsp chia seeds

DIRECTIONS

Place all the ingredients into a blender and blend until smooth. Add more coconut water if you like.

*Nutritional analysis based on 1 serve

Energy 926kJ | Protein 4.8g | Carbohydrates 37.3g | Fat 3.6g