

SMOOTHIE

TROPICAL

INGREDIENTS:

- 2 Frozen Bananas
- 1 Cup Frozen Pineapple
- 1 Cup Frozen Mango
- 2 Cups Coconut Water or Milk Alternative
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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