

SMOOTHIE BOWL

TROPICAL

INGREDIENTS:

- 1 Cup Pineapple
- 1 Frozen Kiwi
- 1 Cup Frozen Mango
- 1 Cup Milk Alternative
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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