

SMOOTHIE BOWL

TROPICAL GREEN

INGREDIENTS:

- 2 Cups Spinach
- ¼ Cup Frozen Mango
- ¼ Cup Frozen Pineapple
- 1 Banana
- ¼ 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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