

SMOOTHIE

EASY GREENS

INGREDIENTS:

- 2-3 Cups Baby Spinach, Kale or Mixed Greens
- 2 Frozen Bananas
- 1 cup Mangos
- 1 Cup Milk or Milk Alternative
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

bioteen™

