

SMOOTHIE

GREENS, GREENS & MORE GREENS

INGREDIENTS:

- 2 Cups Fresh Spinach
- 1 Cup Cucumber
- 1 Cup Frozen Pineapple Chunks
- 2/4 Cup Frozen Mango Chunks
- 1 Cup 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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