

SMOOTHIE

Serves: 1

Glycemic Load: 10



Coconut Green Smoothie

Ingredients:

- 1 ½ cups spinach, rinsed
- ½ banana
- 2 slices of fresh pineapple
- 2 scoops [protein powder](#)
- ¼ cup coconut cream
- 1 Tbsp [coconut chips](#)
- ½ tsp [cinnamon](#)
- 6 Ice cubes
- ½ cup [coconut water](#)
- Filtered water

Method:

Smash ice in a blender .

Mix coconut cream, coconut water and protein powder in a shaker bottle.

Add spinach, banana, pineapple, coconut flakes and cinnamon to the blender.

Add the coconut and protein mixture to the blender

Blend until smooth adding extra filtered water to achieve desired consistency.

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