



GREEN ENERGY

M2
MEAL 2



Ingredients

1 scoop Flat Tummy Protein

1 cup fresh or frozen pineapple (frozen is best in green smoothies)

1-2 cups Baby Spinach

150ml Milk (Dairy or non dairy)

150ml Water

Optional: Add fresh Lemon juice and or Passionfruit to give it an extra fruity ZING

Instructions

1. Add all ingredients into a blender - Blitz until smooth.

Baby Spinach is packed with nutrients but does not have a strong flavour so your smoothie will be very FRUITY and **you will NOT taste the Baby Spinach** – I Promise 😊

- My “**Green Energy Smoothie**” is the best GREEN one to try FIRST
- ADD ice cubes to make your GREEN smoothie more refreshing
- ADD more water or coconut water to make your GREEN smoothie less thic