

# PASSION POP SMOOTHIE



## Ingredients

- ✓ Pulp of 1 Passionfruit (18g if using frozen)
- 🍍 100g of Pineapple (fresh or frozen)
- 🥭 80g of Mango (fresh or frozen)
- 🥛 150ml Your fav milk (dairy, non dairy or coconut water)
- ✓ 125ml Water
- 🥄 1 Scoop [Flat Tummy Protein](https://www.missfitnesslife.com/s)

## Instructions

1. Place all ingredients into a blender
2. Blitz until smooth and creamy

**The above makes ONE complete meal/serving**

**[www.missfitnesslife.com](https://www.missfitnesslife.com)**

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