

Summer smoothie

350ml coconut water or unsweetened almond milk
a handful of lettuce leaves
25g vanilla flavour whey or rice protein powder (optional)
½ a small ripe avocado
50g frozen banana
50g frozen pineapple
1 tbsp cashew or almond butter
5g fresh ginger, peeled
juice of 1 lime
a few fresh mint leaves

Serves 2

Per serving:
237 calories
9g fat
26g carbs
13g protein

Place the ingredients in a blender and blend well until creamy.

Serve.

Consume immediately.

