SHOPPING LIST

Green Pineapple Smoothie

Serves 2 glasses

- [ ] 60 g baby spinach
- [ ] 200 g fresh or frozen pineapple chunks
- [ ] 1 ripe banana
- [ ] Juice of 1 lime
- [ ] 300 ml coconut water
- [ ] A few ice cubes

Tick off what you already have at home.