FRESH & COOL

Green Pineapple Smoothie

PREP
5 min

SERVES
2 glasses

Vegan | Vegetarian

Spinach, pineapple, banana and lime blended with coconut water. Sweet, green and completely vegan.

Ingredients

- 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

Method

1. Put the coconut water and spinach in a blender and blend until the spinach has broken down.
2. Add the pineapple, banana, lime juice and ice.
3. Blend for a full minute until completely smooth.
4. Pour into glasses and drink straight away.

Cook's tip

Blend the spinach with the liquid first. That way there are no green flecks in the finished smoothie.