



PERFORMANCE RECIPE

Tropical Green Smoothie



Gluten-free



5 min cook



Batch prep snack



Good source of fibre

Make 1-2 servings



INGREDIENTS

- 1 frozen banana
- 2 cups greens (e.g. spinach, kale, celery...)
- 1 cup frozen fruits (e.g. mango, pineapple...)
- 3 cups dairy/non-dairy beverage



For extra protein, add chia seeds or use beverage high in protein content. Can also add flax seeds for omega-3 fatty acids.

INSTRUCTIONS

1



Measure all ingredients and put them in the blender.

2



Blend until smooth texture and enjoy.