



Orange and spinach smoothie

5'
Hands on

4
Portion(s)

1
Difficulty



Method

- Add the ingredients into the blender and beat them until there is a uniform mixture.
- Serve right away.

Ingredients

- 2 oranges, peeled
- 1 banana, peeled
- 140 g coconut milk
- 50 g spinach, baby
- 4-5 ice cubes

Διατροφικός πίνακας

Nutrition information per portion

101 Calories (kcal)	6.1 Total Fat (g)	5.6 Saturated Fat (g)	9.2 Total Carbs (g)
5%	9%	28%	4%
8.2 Sugars (g)	1.4 Protein (g)	0.5 Fibre (g)	0.04 Sodium (g)
9%	3%	2%	1%