



GREEN Flat Tummy Protein Smoothies



Summer Daze Smoothie

Ingredients

- 60gr (2 oz) Pineapple – fresh or frozen
- 1 medium Banana
- 1 good size handful Baby Spinach
- A Squir of fresh Lemon Juice
- 1 scoop Flat Tummy Protein
- ½ cup Milk (diary **or** non dairy **or** coconut water)
- ½ cup Water
- 5 Ice Cubes

FLAT TUMMY PROTEIN

Miss Fitness Life



Instructions

1. Add milk (or coconut water) to a blender - ADD liquid first – its makes it easier for the blender when you have spinach in your smoothies
2. Place all fruit, Flat Tummy Protein and plain Water
3. Add ice – (if you use FROZEN pineapple you do not need to add ice).
4. BLITZ for about 30 seconds – let settle and repeat a few times until smooth and there are no lumps

TIP: Use Fresh or fresh Frozen Pineapple, never tinned.

The above makes ONE complete meal/serving