

Pina Colada breakfast smoothie

Preparation time 5 minutes

Ingredients:

1 – 1 ½ cups fresh / frozen pineapple
½ avocado, peeled and stoned
1 banana
1 cube frozen spinach
Thumb-sized piece fresh ginger
3 – 4 cups coconut water
Handful oats / 1 tbsp protein powder (optional)
Juice of ½ lime

Directions:

- Place all ingredients in a high-speed blender or Nutribullet and blend until smooth. Add more water if thinner consistency required

Also great to have before and after a workout.

Save time in the morning by assembling all ingredients the night before.
In the morning, blend and go!

The smoothie makes a great quick breakfast or snack.
Add seeds for extra protein.