

Pineapple and spinach smoothie (vegan)



10 min.



72 kcal



SteviaSweet Crystal

Preparation

Place ingredients in a blender and blend until smooth.

Ingredients for 2 servings

250 g	fresh pineapple, peeled
50 g	frozen spinach
50 g	cucumber
1/2	lime (juice)
100 ml	cold water
1 tsp	SteviaSweet Crystal
1	pinch salt

Nutritional information per portion

72	kcal
302	kJ
1.5	g Protein
15.5	g Carbohydrates
0.5	g Fat