

Tropical Forest

Total: 5 min · Prep: 5 min · 1 servings · Easy · Smoothies

Vegetarian

Gluten-Free



INGREDIENTS

0.5 pc Avocado

2 pc Kiwi

15 g Spinach

0.5 pc Green apple

0.5 pc Banana

80 ml Coconut milk

to taste Lemon or lime juice

1 pc Basil leaves

INSTRUCTIONS

- 1 Prepare the ingredients: scoop out the avocado flesh, peel the kiwi, cut the green apple and banana into pieces.
- 2 Place the avocado, kiwi, spinach, green apple, banana, and basil leaves (optional) in a blender.
- 3 Add water or coconut milk, and lemon or lime juice to taste.
- 4 Blend all ingredients until smooth.

Nutrition per serving: 365 kcal · Protein 4.0 g · Fat 13.0 g · Carbs 58.0 g · Fiber 13.7 g