Minty Pineapple, Spinach & Cashew Nut Smoothie

Minty pineapple, spinach and cashew nut smoothie

By Mark Irish

Overview ...





CALORIES:

50% Carbs

10% Protein

39.9% Fat

Food Labelling...

Serves **2**

CONTAINS:

OATS CASHEWS

OTHER PROPERTIES:

VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
25148 Osprio Flaked Porridge Oats -	50g	
100244 The Juice Apple Juice -	200ml	
10395 Medium Pineapple -	200g	
113882 Premium Large Mint Bunch -	2g	
450716 Spinach -	50g	
1622 Whole Cashew Nut Kernels -	50g	

Products / Pack Sizes ...

1 Serving

Product code

Barcode

276g / **341kcal**

\# **1**

Cooking Instructions & Notes

Preparation:

Peel and roughly chop the pineapple
Pick and wash the spinach

Method:

1. Add all ingredients into a blender and blitz until smooth
2. Pour into glasses and serve

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