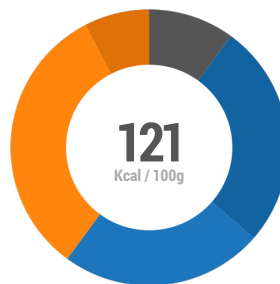


Minty Pineapple, Spinach & Cashew Nut Smoothie

Minty pineapple, spinach and cashew nut smoothie

By Mark Irish from Brakes

Overview ...



CALORIES:

50% Carbs

10% Protein

39.9% Fat

Food Labelling...

Serves **2**

CONTAINS:



OATS



CASHEWS

OTHER PROPERTIES:



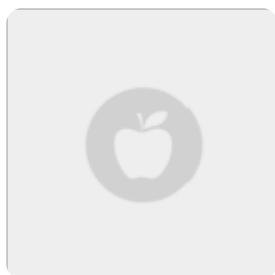
VEGETARIAN

Recipe Ingredients ...

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