



✂ Smoothie ⌚ 5 min

Green Spiced Banana Smoothie

Warm spices add depth of flavour to this refreshing and nutritious green smoothie.

1

Place all the ingredients in a blender and puree until smooth.

INGREDIENTS FOR 2 PERSONS

1 ripe Chiquita Banana, with brown flecks on peel
25g baby spinach
1 tsp ground ginger
2/2 tsp ground cinnamon
200ml unsweetened almond milk
1 tbsp clear honey
1 tbsp chia seeds
8 ice cubes

NUTRITIONAL VALUES PER PERSON

136 kcal Calories
3.0g Fat
0.4g Saturates
27.4g Carbohydrate
16.1g Sugars
4.2g Fibre
2.3g Protein
0.2g Salt