

Iron-Rich Tropical Smoothie

Equipment

Blender

Ingredients

80g Baby Spinach *washed*

80g Curly Kale *washed, stems removed*

1 Large Orange *peeled*

80g Pineapple *fresh or frozen*

150ml Coconut Drink

1 Tbsp Chia Seeds

Instructions

Add all ingredients to a blender and blend until smooth

Nutritional Information

Serving: 1 Smoothie

Iron: 6mg 43% of an adult's reference intake (RI)

Calories: 247 kcal

Fat: 6.7g

Carbohydrates: 30g

Protein: 9g