

# Chocolate orange smoothie



**DYNAMIX**  
HEALTH & FITNESS

70g ripe banana  
100g satsuma or navel orange,  
peel and pith removed  
30g fresh spinach leaves  
25g vanilla or chocolate flavour  
whey or rice protein powder  
10g cocoa nibs  
½ tsp xanthan gum (optional)  
6 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



**PER SERVING:**  
283 Calories  
**31g Carbs**  
**24g Protein**  
**7g Fat**