

# Tropical pineapple & kiwi smoothie



**DYNAMIX**  
HEALTH & FITNESS

50g fresh or tinned pineapple  
1 kiwi, peeled  
150ml coconut water  
25g vanilla flavour whey or rice  
protein powder (optional)  
1 tbsp Greek yoghurt (use dairy  
free if preferred)  
1 satsuma, peeled  
3 ice cubes

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

*Consume immediately.*

**SERVES 1**



**PER SERVING:**

**266 Calories**

**38g Carbs**

**24g Protein**

**2g Fat**