

Beginner's Luck

Serves 3

Enjoy this *tropical treat*, it is sure to make your tastebuds crave *more!*

500 ml (2 cups) water or coconut water
500 ml (2 cups) spinach
250 ml (1 cup) chopped mango*
250 ml (1 cup) chopped pineapple*
2 bananas*

1. Blend the spinach and water until smooth
2. Add the mango, pineapple and bananas and blend again

*Use at least one frozen fruit to make a cold green smoothie.

This green smoothie is full of iron, potassium and vitamin C. Combining vitamin A - rich spinach with vitamin C - rich pineapple aids in the absorption of both vitamins.

Vitamin A repairs skin cells, which helps you get that gorgeous glowing skin.

Vitamin C is essential for collagen production, which keep your skin firm and toned. It also supports a healthy metabolism and is an immune-boosting superhero.

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