



Tropical Smoothie

(From Healthpath Pro)

2 Servings

Papaya and pineapple can effectively aid digestion, whilst also providing good sources of soluble fibre alongside the chia seeds, which all help to manage appetite by prolonging the feeling of fullness. This is a great recipe if you experience a lot of bloating.

140g frozen chunks of papaya

140g frozen chunks of pineapple

1 whole cucumber (chopped)

15g fresh mint leaves

30g baby spinach

2 tbsp chia seeds

225ml water

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Additional / Alternative Options

Extra Protein:-

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya:-

Use extra pineapple, mango or oranges.

