



TROPICAL SKIN CLEANSE (SERVES 1)

1250g fresh pineapple
1 small to medium banana
1 inch piece of ginger
2 handfuls of spinach
1 scoop protein powder
250ml coconut water
¼ tsp. turmeric powder
Juice of ½ lemon
1 scoop Greens balance
1 digestion plus

Add all the ingredients to a blender and whiz until smooth.

Serve immediately.