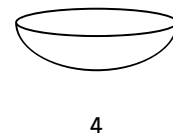
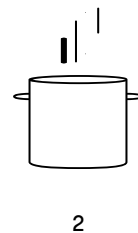
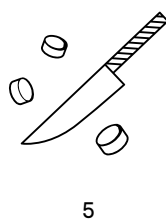




Tropical Coconut Smoothie

Quick and nutritious smoothies are a favourite with children and a great way to sneak in extra nutrients into their diet. This version has a tropical twist combining ripe bananas, frozen chunks of pineapple and shredded coconut. You can buy packets of frozen fruit to make this an easy to assemble option and keeps the smoothie wonderful cool. Alternatively you can chop up fresh ripe pineapple and use this instead. To create that wonderful creamy texture this smoothie includes a couple of spoonfuls of Groovy Food's Organic Virgin Coconut Oil and a little coconut milk. It's light and refreshing, and makes a great healthy speedy breakfast option to start your day. You could also blend in some protein powder to make this more substantial or a fantastic recovery drink after exercise.



Ingredients

1 medium banana

400g / 14oz frozen pineapple chunks

1tbsp The Groovy Food Company Agave Nectar Light Amber and Mild

1tbsp desiccated coconut

30g / 1oz The Groovy Food Company Organic Virgin Coconut Oil

250ml / 9floz / 1 cup light coconut milk

250ml / 9floz / 1 cup fresh pineapple juice

Directions

1. Place all ingredients in a blender.
2. Blend until smooth. Serve immediately.

