

Coconut and banana smoothie



 10 min.  531 kcal  SteviaSweet Crystal

Preparation

Peel and chop the bananas and apples. Squeeze the lime juice. Put all the ingredients into a blender and mix until smooth. Blend with ice if you want a cold drink.

Ingredients for 3 servings

2	bananas
2	tart apples
	Juice from 1 lime
200 ml	coconut milk
12 g	SteviaSweet Crystal
30 g	coconut flakes
	Ice (optional)

Nutritional information per portion

531	kcal
2230	kJ
5.5	g Protein
54.5	g Carbohydrates
34	g Fat