



# Green smoothie

Vitamin boost



persoonlijke  
gezondheidscheck

## Did you know...



Vitamin D is one of the few vitamins your body can make itself. It is formed in your skin under the influence of sunlight.

## Ingredients

200 grams spinach

1 mango

$\frac{1}{3}$  cucumber

1 banana

150 ml coconut milk

150 ml water

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## Preparation

1. Peel the mango and remove the seed.
  2. Cut the mango, banana and cucumber into large pieces.
  3. Add the spinach, cucumber, coconut milk and water into a blender. Blend until smooth.
  4. Add the mango and banana and blend until smooth.
  5. Divide over three glasses and serve.
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