



PURE POWER SMOOTHIE

INGREDIENTS

- **1 grapefruit, peeled and segmented**
- **1/3 pineapple, chopped**
- **1 scoop NUTRILITE™ All Plant Protein Powder**
- **150 ml water**
- **1/2 cucumber**
- **1 handful of fresh baby spinach**

PREPARATION METHOD

1. Remove the skin of the pineapple and grapefruit, wash the cucumber and spinach and chop all fruit and vegetables into cubes
2. Place fruit and vegetables, water and NUTRILITE All Plant Protein Powder into your iCook Blender cup
3. Blend until smooth and serve