THE LIGHTER PLATE METHOD

Popeye Pre-Workout Smoothie

Spinach hides completely behind banana and yoghurt — a proper pre-workout protein hit.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 15 g whey protein powder (half a scoop)
- 1 large banana
- 250 ml natural yoghurt
- 30 g baby spinach

Method

1. Blend everything together with a stick blender or in a blender until smooth.

Tips & swaps

- The spinach flavour completely disappears against the banana — a good way to sneak in greens.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**24g**	**28g**	**5g**	**3g**

Estimated values, for guidance only. Contains: Milk.