



European Pedagogics and Nutrition

Cocktail with spinach, kiwi and banana



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Nutritional aspect

- Green cocktail with kiwi and banana thanks to spinach a source of iron.
- A large amount of carbohydrates in banana and a high protein content in milk makes it a suitable proposition for supplementing nutrients after exercise.



Cocktail with spinach, kiwi and banana

Ingredients:

- 250ml natural yogurt
- 2 handfuls of spinach
- 2 banana
- 2 kiwi fruit
- mint
- sunflower seeds

Preparation:

- Wash and dry the spinach leaves.
- Peel the kiwi, cut into smaller pieces and mix with spinach and yogurt.
- Add the peeled and thickly sliced banana.
- Mix the whole thing. Garnish with sunflower seeds and mint.

