

Tropical Green Smoothie

oil free, dairy free, gluten-free, vegan

PREP TIME: 2-3 minutes

TOTAL TIME: 2-3 minutes

SERVINGS: 1

INGREDIENTS

- 1 large handful (1-2 cups) Baby Spinach**
- 2 cups frozen Mango, Pineapple, Dragon Fruit and/or Passion Fruit Chunks**
- 1 tablespoon ground chia or flax seeds**
- 1 1/2 – 2 cups cold water**
- 1/2 medium Banana** (optional for sweetness)
- 1/4 cup Rolled Oats** (optional)
- 1/4 medium Avocado** (optional)



INSTRUCTIONS

1. Add all ingredients to a high-speed blender and blend on medium-high for 1 minute or until smooth and no chunks remain.
2. Enjoy immediately or store in a dark, air-tight container in the refrigerator for up to 12 hours.

NOTES

- Swap baby spinach for any other greens you like.
- For a thicker or thinner consistency, simply adjust the amount of water.
- Instead of banana, or for additional sweetness, you may also add 1-2 pitted dates, agave, liquid stevia, maple syrup or honey.
- Drink within 12 hours for maximum freshness and retention of nutrients.
- Meal prep by combining all ingredients (except water) in a quart-size freezer bag and storing in the freezer for up to 2-3 months.