

# Tropical Green Smoothie

## INGREDIENTS

- 1 Frozen Banana
- 3/4 cup frozen pineapple
- 1 cup spinach or kale
- 1 - 1 1/2 cups coconut water

## PROCEDURE

- Add ingredients into a blender in order given, OR reverse order depending on the blender - you want your greens to blend first, so make sure they're on TOP of your drink blender since you turn it upside down to attach it, or in a regular blender, put them on the bottom.
- Blend until smooth, and enjoy!



### TOP TIP

Mangos make a great substitute for pineapple!