

Pineapple Spinach Smoothie

Serving size: 2 (1 1/2 cup)



TOTAL TIME



DIFFICULTY



EASY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Blend ingredients and 1/2 cup water. Continue to add water until you reach the consistency you like. Pour and enjoy!

Nutrition Facts Per Serving

Calories	126
Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	27g
Fiber	5g
Protein	3g

Ingredients

- 2 cups fresh baby spinach
- 1 small banana, sliced
- 1 cup pineapple chunks (fresh or frozen)
- 1 tablespoon chia seeds
- 1 cup ice
- 1 cup water

