

Green Lovin' Smoothie



TOTAL TIME

5 mins



COURSE

beverages, Breakfast



SERVINGS

2

EQUIPMENT

- High Speed Blender

INGREDIENTS

- 2 Cups Liquid of Choice - Nutmilk, Water, Juice, Coconut Water
- 2 Cups Organic Greens of Choice - Kale, Spinach, Mixed Greens
- 1/2 Cup Frozen Organic Pineapple
- 1 Banana - Frozen
- 1/2 Inch Piece Fresh Ginger - Peeled
- 2 Dated - Pitted
- 1 Tbsp Chia Seeds

INSTRUCTIONS

1. Place all ingredients in high speed blender and blend until smooth.

Enjoy!



KEYWORD

green smoothie, smoothie