

Basic Green Smoothie

Servings: 1 smoothie

RECIPE BOX

INGREDIENTS

1 CUP SPINACH (FRESH)
1 CUP COCONUT MILK OR
COCONUT WATER
1/2 CUP PINEAPPLE
1 BANANA (RIPE = SWEET)
1 TBSP GROUND CHIA SEEDS
A FEW ICE CUBES



DIRECTIONS

STEP 1: Combine all ingredients in a blender and puree until the desired consistency. Add water if needed.

STEP 2: Options- try these additions to sweeten your smoothie:

- Add a dash of vanilla extract and 1 TBSP frozen coconut shreds
- Add 1 TSP of sugar and a few frozen strawberries

Make Ahead Option: Pre-package into small freezer bags the night before and place in refrigerator. The next morning, add a little water and it's ready for the blender.

Most of us get enough protein, which is why we don't include protein powder. Do you need a protein supplement? Click [here](#) to read more!

Most of us do not get enough omega 3's. Should I get my omega 3's from chia seeds? Read about it [here](#).

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 271, Fat 4g, Carbs 58g, Fiber 11g, Sugars 35g, Protein 6g

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