



EASY GREEN SMOOTHIE RECIPE... THAT EVERYONE WILL LOVE!

Prep Time 5 minutes

Total Time 5 minutes

Servings 4

Ingredients

- 2 cups tightly packed kale or spinach leaves
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 avocado
- 3/4 cup plain or vanilla Greek yogurt sub dairy-free yogurt if desired
- 1/2 cup mango or pineapple juice
- 1 cup unsweetened almond milk or more to thin if needed

Instructions

1. Add ingredients to blender and blend until smooth.

