

# Recipe

## TROPICAL SMOOTHIE

### INGREDIENTS:

2 CUPS - FRESH SPINACH  
1 CUP - FROZEN MANGO  
1 CUP - FROZEN PINEAPPLE  
1 CUP (AT LEAST) - COCONUT WATER  
1 EACH - BANANA (SLICED)

### INSTRUCTIONS:

ADD ALL INGREDIENTS TO A HIGH-SPEED BLENDER, STARTING WITH THE LIQUID FIRST TO PREVENT STICKING. BLEND ON LOW, THEN INCREASE TO HIGH FOR 50-60 SECONDS UNTIL COMPLETELY SMOOTH.

### TIPS FOR SUCCESS:

**FREEZE INGREDIENTS:** TO AVOID A WATERY DRINK, USE FROZEN FRUIT INSTEAD OF ICE.

**HIDE THE GREEN TASTE:** USE MORE FRUIT AND LESS LEAFY GREENS, OR ADD A SQUEEZE OF LEMON JUICE TO HIDE THE "GRASSY" FLAVOR.

**PREP AHEAD:** PACK THE GREENS AND FRUIT IN INDIVIDUAL AIRTIGHT CONTAINERS OR FREEZER BAGS, THEN JUST ADD LIQUID AND BLEND IN THE MORNING.

**MAKE IT FILLING:** TO MAKE THIS A MEAL REPLACEMENT, ADD A SCOOP OF PROTEIN POWDER, 1-2 TABLESPOONS OF ALMOND BUTTER, OR SOME YOGURT.

