

Green Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
7 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 2 Cups Ice
- 24 oz. Vanilla Coconut Milk
- 1 ½ Cups Frozen Pineapple
- 1 Cup Frozen Mango
- 1 Banana
- 2 TBSP Chia Seeds
- 2 TBSP Spirulina
- 4 Pitted Medjool Dates
- 1 Teaspoon Pure Vanilla Extract
- 2 TBSP Coconut Yogurt or Coconut Cream

Instructions:

1. In large blender (64 oz.+ capacity) such as Vitamix, Ninja – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 2 minutes. Pour into glasses and enjoy.

Optional: Add 1 Cup of Spinach or Kale / Vanilla Vegan Protein Powder

***Try and use all organic ingredients if possible.**