

Tropical Green Smoothie



Servings:

2

Prep Time:

5 minutes

Ingredients

- 2 cups **Spinach**
- 1 cup **Frozen Pineapple**
- 1 cup **Frozen Mango**
- ½ cup **Frozen Banana**
- ½ **Avocado**
- 1 tbsp **Ground Flax**
- ½ cup **Unsweetened Almond Milk**

Method of Preparation

Step 1

Add spinach, mango and banana to the blender.

Step 2

Add pineapple, avocado and ground flaxseed.

Step 3

Pour in almond milk and place cover on blender.

Step 4

Blend until smooth.

Add additional milk if needed.

Step 5

Top with granola and berries!

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