



POWERHOUSE SPINACH BLEND tropical green smoothie

prep time:
10

featured product:
POWERHOUSE SPINACH BLEND

a delicious green smoothie with a citrus zing! this peppy smoothie recipe blends your favorite tropical fruits into an unforgettable sip. a blend of tangy pineapple, tropical mango, and crisp coconut water will make your taste buds soar while protein-packed spinach gives you your daily boost of green. sit back, relax, and think of island life - with this smoothie in hand you'll almost believe you're really there!



ingredients

2 servings

3 ounces of **organicgirl© POWERHOUSE SPINACH BLEND ?**

1 cup of chopped pineapple (fresh or frozen)

1 cup of chopped mango (fresh or frozen)

2 ripe bananas

½ cup of coconut water

coconut flakes, chia seeds and cocoa nibs, for topping

substitutions

? *substitute with* **baby spinach**

directions

1. add greens, pineapple, mango, bananas and coconut water to a blender. blend until smooth.

https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_6.mp4

2. top with coconut flakes, chia seeds and cocoa nibs, as desired. serve immediately.

bonus: for smoothie-ready greens at any time... 1. add to blender with water and blend.

https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_3.mp4

3. pour mixture into ice cube tray and freeze.

https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_4.mp4

4. assemble smoothie packs with ice cubes, pineapple, mango and bananas!

https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_5.mp4