

Beginner's Luck Green Smoothie

Serving size: 1

Ingredients:

2 cups fresh spinach
2 cups water
1 cup mango
1 cup pineapple
2 bananas

*Use at least 1 frozen fruit to chill your smoothie. The best ones to freeze are mangos and bananas.

Instructions:

1. Tightly pack two cups of leafy greens in a measuring cup and then toss into blender
2. Add water and blend together until all leafy chunks are gone
3. Add mango, pineapple and bananas and blend again until smooth
4. Pour into a mason jar (or cup of your choice)



Tip: Got an allergy to mango and pineapple, or not a big fan of bananas? You can substitute any fruit with another fruit with a one-to-one ratio.

Nutrition Information:

Serving size: 1	Carbohydrates: 106g
Total calories: 414	Dietary fiber: 13g
Total fat: 2g	Sugars: 70g
Protein: 6g	Added sugars: 0mg
Saturated fat: 0g	Sodium: 55mg

*There is no sugar added to this recipe. All sugar content comes naturally from the fruit.

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Recipe adapted from 100daysofrealfood.com