

TROPICAL GREEN SMOOTHIE

adapted from ambitiouskitchen.com

Yield: 1-2 servings

Prep Time: ~5 minutes

Blend Time: 1-2 minutes

Storage: best fresh; refrigerate up to 1 day



Ingredients

1 cup frozen pineapple chunks

1/2 cup frozen mango chunks

2 cups spinach

1/2 of a large avocado, peeled and pitted

1 inch knob of ginger, peeled – use less if you find ginger too spicy for your taste

1 1/2 cups unsweetened almond milk

1 tbsp hemp seeds or 1/2 tbsp chia seeds

Optional: 1/2 tsp matcha powder

Optional: 1 scoop protein powder of choice

Directions

1. Add all ingredients into a high-powered blender and blend for 1-2 minutes, or until all ingredients are well combined. If necessary, add more milk and blend again to thin the smoothie to your desired consistency.