



Tropical Green Smoothie

Feel free to use any combination of leafy green and fruit that you would like!

<u>U.S.</u>		<u>Metric</u>
2 cups	Spinach, fresh or frozen	60 g
1/2 cup	Coconut Milk, canned, light	120 mL
1/2 cup	Pineapple Juice, 100%	120 mL
1 cup	Ice	128 g
1 each	Banana, overripe, peeled, frozen	1 each
1 cup	Pineapple Chunks, frozen	245 g
3 each	Kiwi, peeled, diced	3 each

Preparation:

1. Gather all ingredients and equipment.
2. Blend all ingredients in a blender or food processor until smooth. Serve cold.

Nutrition Facts

Serving size	6 oz
Servings	5
Calories	90
Calories from Fat	15
Total Fat	2 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Carbohydrates	19 g
Dietary Fiber	2 g
Sugars	11 g
Protein	1 g
Vitamin A	20 %
Calcium	4 %
Vitamin C	80 %
Iron	4 %

Phosphorus

24 mg
