TROPICAL FRUIT & SPINACH SMOOTHIE

SERVING:
1-2 CUPS
TOTAL TIME:
5 MIN

INGREDIENTS:

- 6oz filtered water
- 6oz 100% apple juice
- 1 cup frozen tropical medley fruit blend (strawberries, bananas, mangos, pineapple)
- 1 cup baby spinach
- 1/2 teaspoon ground flaxseed
- 3 Ice cubes (optional)

DIRECTIONS:

Using a regular blender, first put 6oz of filtered water and 6oz of 100% apple juice into the blender. Next, put in three (3) ice cubes (optional), 1 cup of frozen tropical fruit medley mix, and a 1/2 teaspoon of ground flaxseed. Lastly, add in 1 cup of baby spinach. Blend all ingredients on high and serve in 1-2 cups.

Modifications:

- Add 1/2 teaspoon chai seeds (for protein)
- Add 1/2 teaspoon matcha green tea powder (for natural energy)
- Swap 1 cup of spinach with 1 cup of kale (for more Calcium, Vitamin K, Vitamin C)
- Swap out apple juice with pineapple juice or use all water instead (less sugar)