

Tropical Green Smoothie

As the weather gets colder, take yourself somewhere warm with this tropical green smoothie! Not only is it tasty and refreshing but offers a great source of nutrients!

Prep Time: 15 minutes

Total Time: 15 minutes

Serves: 1 person

Ingredients:

- ½ banana, frozen or fresh
- ½ cup pineapple, frozen
- ½ avocado
- ½ cup kale, frozen (or spinach)
- 1 Tablespoon chia seeds
- 8 cashews, raw
- 1 cup almond milk, unsweetened (or milk of choice)

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. For later use, add all ingredients, except almond milk, to a sealed container or bag. Freeze until ready to use.