



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREEN SMOOTHIE

INGREDIENTS

- 1/2 cup milk (almond, coconut or dairy)
- 2 cups of raw spinach
- 1 1/2 cups chopped pineapple
- 1 ripe banana, chopped
- 1/2 cup water,



DIRECTIONS

1. Combine the milk, the kale, pineapple and banana in a blender and puree until smooth.
2. Add more water if needed to reach desired consistency

Not into pineapple or banana? Substitute berries (blackberries, blueberries, raspberries, etc) or peaches

Also add chia seeds, flax seeds, protein powder, or extra greens to kick up the nutritional value of the smoothie!